

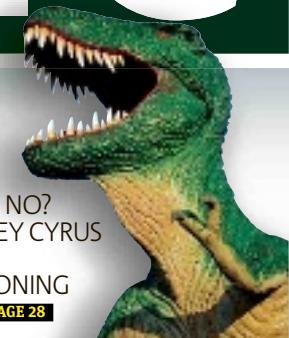
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GENRE OF DINO-ROTICA



PAGE 28

Ottawa city council ready to play ball

City agrees to 10-year lease on
vacant stadium for a team with
the Can-Am League

PAGE 6

40K needed to help man speak again

Marine biologist Ryan Boutilier has
made huge progress since suffering a
brain injury in May, but he is still
unable to express what he is thinking

PAGE 7



THE MAN WITH THE \$3B PLAN

Mayor Jim Watson speaks to media about Ottawa's plans for an expanded transit system, reaching farther east, west and south —dubbed "Stage 2" — as Coun. Keith Egli and deputy city manager Nancy Schepers look on. See story page 3. STEVE COLLINS/FOR METRO

NOS ANCIENS COMBATTANTS MÉRITENT MIEUX

Arrêtons la fermeture des bureaux du
ministère des Anciens Combattants

Former Harper aide had binder full of Duffy

Scandal continues.

Ex-chief of staff
apparently did not hand
over details of senator's
life to auditors

Stephen Harper's former chief of staff had a binder full of details on Sen. Mike Duffy's official and personal activities, but appears not to have provided it to auditors reviewing Duffy's expenses nor to police when they first opened an investigation.

The existence of a binder of calendars, chronicling Duffy's life over four years, was revealed in RCMP documents filed in court this week.

It raises a host of new questions about how much the prime minister's office knew about Duffy's movements, at a time when the former Tory

senator's expenses were under the microscope.

"The calendar is quite detailed and contains notes of Sen. Duffy's travel, meetings, teleconferences, social events, holidays, noteworthy current events, speeches and political interactions," Cpl. Greg Horton wrote in a court filing.

In early February, the Senate asked independent auditors to look into Duffy's expenses following allegations he was improperly claiming a home in P.E.I. as his main residence. Some time that month, Duffy couriered the binder of calendars to Nigel Wright, who was then Harper's right-hand man.

"Mary and I copied and redacted my four years of diaries; added a summary of my days in P.E.I., and pics of the cottage under construction etc. and sent it to Nigel by Purolator," Duffy wrote in a Feb. 20 email

obtained by police.

Duffy never gave those calendars to the Deloitte auditors and they finished their report in May, pointing out the many questions they still had about Duffy's whereabouts and expense claims.

The news broke shortly afterward that Wright had given Duffy a \$90,000 cheque in March to repay questionable expenses.

By mid-June, the RCMP were talking to Wright's lawyers about the controversy. But Wright's legal counsel did not send the binder of calendars to the police until more than two months later.

The Canadian Press put questions to Wright about the documents through his lawyers. Peter Mantas responded Wednesday that they "could not comment on the matter."

Duffy has said he will not comment. **THE CANADIAN PRESS**



- Ronald Clarke
sergent (retraité)



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LRT the star of \$3B transit Master Plan

On the go. Light-rail plan skips a route to the airport, though

 STEVE COLLINS
ottawa@metronews.ca

Light rail emerged Wednesday as the showpiece of the city's new Transportation Master Plan, with an ambitious \$2.98-billion proposal to add 35 kilometres of rail

and 19 new stations.

LRT would run to Bayshore and Baseline in the west, Leitrim and Bowesville in the south and Place D'Orleans in the east, all potentially by 2023.

Mayor Jim Watson stated the plan was to move in all three directions at the same time and "spread the benefits of light rail across our beautiful city. Light rail is our most powerful smart growth tool."

The LRT expansion would depend on provincial

and federal contributions.

Bus transit is also in the plan with Transitway extensions from Bayshore to Moodie Drive and from Terry Fox to March Road.

One place light rail won't go is the airport.

Watson said technical issues, costs and a desire to offer an eight-minute ride from Leitrim to downtown shelved that long-deferred option once again.

The Airport Parkway, however, would get new HOV and taxi lanes.

Bus transit

\$500M

The \$500-million bus transit expansion is to be completely funded by the city, with no need for provincial or federal contributions.

son noted that most of Ottawa still travels by private vehicle and unpacked a long list of congested roads slotted for improvements, including Prince of Wales, Greenbank, Chapman Mills Drive, Brian Cobourn, Klondike and Country Club.

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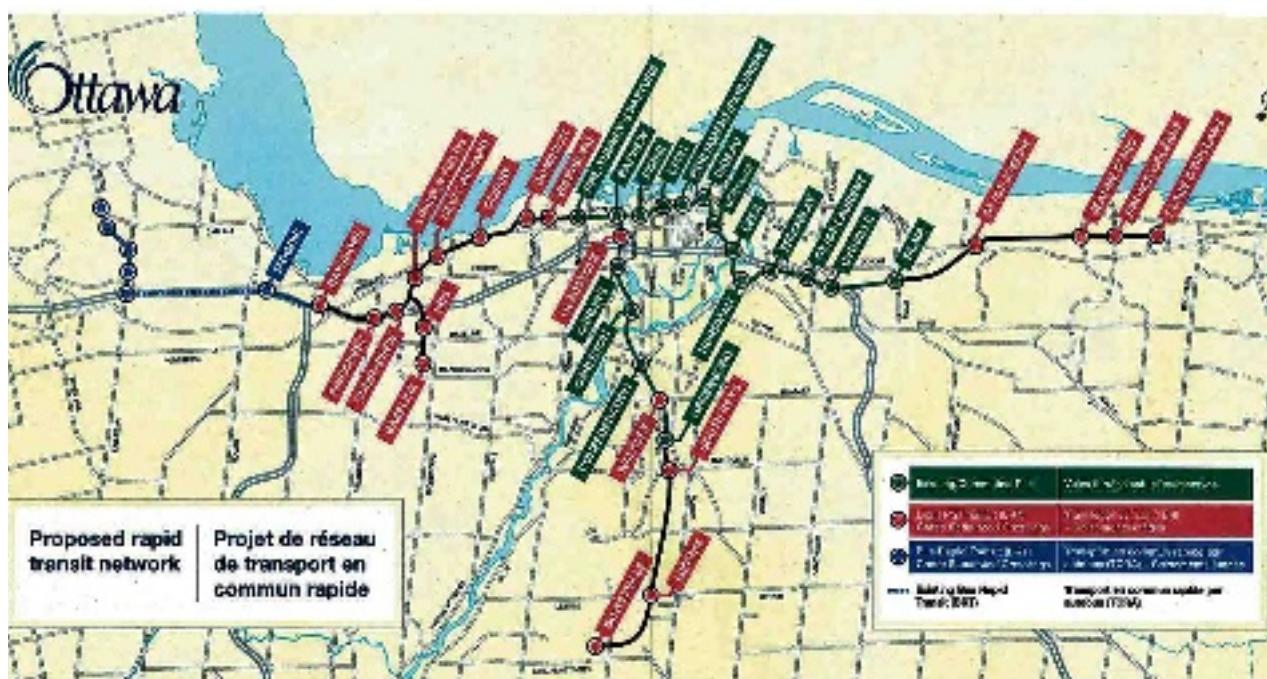
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Transit price breakdown

Mayor Jim Watson put a price on the proposed transit expansion: \$2.98 billion total from all levels of government. Here's where the money would go:

- LRT from Lincoln Fields to Bayshore: \$400 million
- LRT from Tunney's Pasture to Baseline: \$980 million
- LRT From Blair to Place D'Orleans: \$500 million
- O-Train expansion to Bowesville: \$100 million
- More trains and expanded storage facilities: \$500 million
- Bus transit expansion: \$500 million



A pamphlet handed out at the city's unveiling of the new Transportation Master Plan shows the proposed new bus Transitway in blue, LRT- and O-Train-line extensions in red, and, in green, a rail line that the city has already committed to building. CONTRIBUTED

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Crown closes its case in Michael Swan murder trial

Court. Final witness talks about arrest of suspects, measures to preserve evidence

 **JOE LOFARO**
joe.lofar@metronews.ca

After two weeks of evidence, the Crown closed its case Wednesday in the trial of two Toronto men accused of first-degree murder in the shooting death Barrhaven teen Michael Swan.

The Crown's last witness was OPP Const. Bernard Onstein, one of the arresting officers who stopped an SUV on the 401 outside of Brockville in the early morning hours of Feb. 22, 2010.

The officers arrested Christopher McLellan, 24, Kyle Mullen, 23, and a third man, Dylon Barnett, 22. A couple

hours before, Swan, 19, was shot to death after three masked men broke into his Moodie Drive home and stole money and marijuana, the victim's girlfriend, Kaitlyn Scott, testified.

McLellan and Mullen are on trial for first-degree murder, while Barnett and a fourth accused, Sam Tsega, 22, will be tried separately for the same charge in 2014.

Onstein testified officers placed the three accused in separate detention cells at the Grenville OPP detachment that February morning after the trio attempted to talk to each other while in handcuffs.

"It was for isolation purposes. We didn't want them communicating with each other," said Onstein.

Photographs were shown in court of the three accused in jumpsuits wearing white bags over their hands. Onstein said it was done to preserve evidence, "specifically,

gunshot residue."

The jury also heard Wednesday McLellan, the alleged shooter, was dating Barnett's sister, who has a child from a previous relationship, in 2010.

On Sept. 30, Swan's girlfriend testified one of the men said "Where are the video games? I have a kid," when they were "ransacking" the home.

Before relieving the jury Wednesday, Justice Patrick Smith said it would be more "appropriate" for the jury to return to court Tuesday after the Thanksgiving weekend.

It remains to be seen if either McLellan or Mullen will testify in their own defence.

Smith also told jurors they could expect "a better selection" of food like fruits and vegetables next week after concerns were raised about the limited menu choices, which included Timbits.



Homicide victim Michael Swan is seen in this undated photo. COURTESY FACEBOOK

Defence not calling any evidence in sex-assault case

A lawyer representing a security guard at The Ottawa Hospital accused of sexually assaulting a mentally disabled patient in 2011 has elected not to call any evidence after the Crown closed its case Wednesday.

The move means that Ian Carter's client, Clinton Russell, 43, will not testify in his own defence after one week of Crown witness testimony.

Closing arguments are expected to start Tuesday.

Russell has pleaded not guilty to sexual assault and sexual exploitation of a person with a disability. He was charged in January 2012 after a female patient complained that a security guard forced her to perform fellatio Dec. 23, 2011.

The complainant was a woman in her late 20s at the

time of the incident and she suffers from Williams Syndrome, a rare genetic disorder. The jury was told she has the mental age of a person between seven and 12 years old.

In previous hearings the woman has admitted to lying about an alleged sexual assault at a group home in an unrelated incident. She has also told court that she

falsely agreed with defence suggestions during a preliminary hearing that her allegations against Russell were made up, simply because she was frustrated with the questions.

Her identity is protected by a publication ban.

Crown prosecutor Suzanne Schriek said in admissions Wednesday the woman was given a sexual assault kit

at 1 a.m. on Dec. 24, more than six hours after the alleged incident.

A nurse took two oral swabs from the inside of the alleged victim's mouth and one swab from the outside of her mouth for DNA testing, Schriek said. Only the woman's own DNA was detected.

Last week, the jury watched a videotaped inter-

view with Ottawa police in which the woman described how a security guard handed her a note saying, "follow me, follow me" and brought her to a room in a cancer patient centre on Dec. 23, 2011.

Court heard previously no DNA was in swabs taken from a chair where the woman said she sat when the alleged incident took place.

JOE LOFARO/METRO

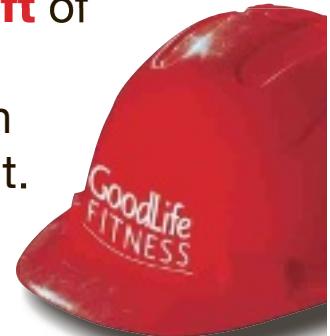
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City verdict: Take us out to the ballgame

Commits to 10-year lease. Not all voices happy with projected stadium ticket sales

 STEVE COLLINS
ottawa@metronews.ca

City council voted to play ball

with the Canadian American League of Professional Baseball, committing to a 10-year lease for a team at the vacant Ottawa Stadium.

Play will commence in 2015, and Can-Am commissioner Myles Wolff said Wednesday he's eager to sign a lease and get to work.

"We have a memorandum of understanding, but the lease is going to get nitty-

gritty, so it may be a month or two until we get that. I would hope by the first of the year we can open an office and sort of hit the ground," he said.

Not everyone on council was enthused about paying to fix up the stadium and signing on with the league, which currently fields five teams.

"I cannot be convinced that this product will ever draw the number of fans needed to

support the team," said Coun. Allan Hubley. Under questioning from Hubley, staff reported projected ticket sales of 4,000 per game. The stadium has a capacity of 10,600.

Wolff said the league plans to widen its appeal with special events and promotions.

"If we relied purely on just hardcore baseball fans, it'd be difficult," he said, "so we need to spread out our net."



"We're feeling good about the future of the league," said Can-Am commissioner Myles Wolff. STEVE COLLINS/FOR METRO

Our Lady's School

Councillors skip demolition vote to avoid conflict

The partial demolition of the former Our Lady's School in Lowertown can go ahead, but two councillors had to skip Wednesday's vote on the matter because of potential conflicts of interest.

Councillors Mathieu Fleury and Peter Hume both sat out the vote on the issue because lawyers representing the building's owner, Claude Lauzon, have threatened to launch defamation suits against them.

Hume explained that the prospect of having to pay legal fees and damages likely puts him in conflict, "although my lawyer does not believe that I would be found liable and indeed the action is very possibly frivolous."

Council approved the demolition of most of the 110-year-old heritage building at 287 Cumberland St., but the south and west walls will have to be preserved and incorporated into any new structure.

They also gave Lauzon permission to demolish another of his properties, located at 207-209 Murray St., which engineers have deemed structurally unsafe.

STEVE COLLINS/FOR METRO

OLG. City council barely OK's new deal amid fears of forced 'cheerleading'

Mayor Jim Watson cast the deciding vote in a 12-11 squeaker that had city council approve a modified deal with the OLG that shares profits from table games.

Many councillors criticized the Municipal Contribution Agreement because it assigned legal liability for a new casino to the city and didn't explicitly limit the number of gaming tables to 21, the maximum set by council.

Staff pointed out the liability clause was already included in an earlier agreement signed by the city, though, and Watson said he'd been reassured at least five times by the OLG that they'd honour the cap on the number of tables.

"They've told me personally, they've put it in writing," said Watson. "And we can argue and take whacks at the OLG all day, but the fact of the matter is they're not

going to go back on what this council has said."

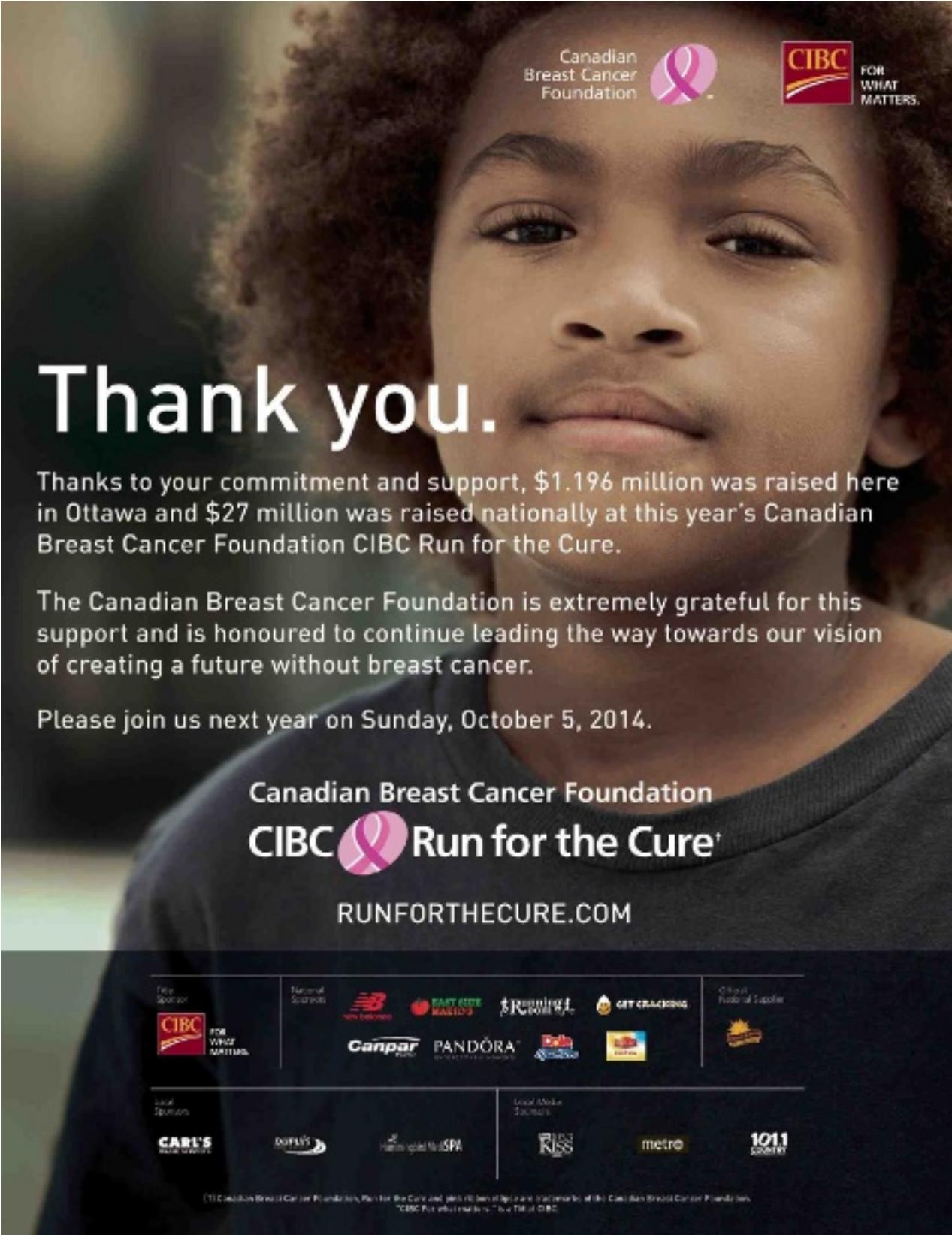
Councillors also took issue with a requirement to participate in events promoting the casino and programs its proceeds have funded. The OLG told city staff in a letter that these events would cost Ottawa nothing, though there's no explicit assurance in the agreement.

Coun. Diane Deans said the agreement obliged the city to become "cheerleaders for the OLG" and promote gambling, but Watson compared it to other events in which governments share credit.

"I don't see any problem with any other level of government asking for some recognition of where the money that's been raised is going," he said.

"We like that ourselves as members of council."

STEVE COLLINS/FOR METRO



Grad student fights back following brain injury

Part-time construction worker. 31-year-old suffered traumatic brain injury after falling off a ladder on the job in May

A marine biologist from Manotick who suffered a traumatic brain injury while working on a job site in May is making a remarkable recovery.

Now, Ryan Boutilier's friends are turning to social media and a fundraising website to raise the \$40,000 he needs to speak again.

On May 2, the 31-year-old grad student and part-time construction worker fell off a ladder, landing head-first two stories below onto a concrete floor, severely injuring his brain. Neurosurgeons at the Civic hospital operated twice within the first 24 hours to stop the hemorrhaging. Nevertheless, his injuries were so extensive, that his doctors told his family that he had only a 10% chance of recovery, and if he did survive, he may never be able to walk, talk, breathe on his own, or even know his own name.

Five months after his accident Boutilier's recovery surprises even his lead therapist, Dr. Shawn Marshall. He's up, walking, doing light chores, and even making sushi for friends.

But he's far from the person

he used to be. Boutilier suffers from expressive aphasia, a debilitating condition that leaves him unable to say what he's thinking.

"Will he ever get to be the brilliant scientist he's worked to become?" wonders Boutilier's friend Zak Green-Boardman. "The last time I visited Boot (everyone calls Boutilier that), I was petting his chihuahua Timbit, when he asked me when I was going to get a cow. It shows you how shaky his condition really is."

Any hope Ryan has for recovery rests with the Dalhousie University's School of Communication, which runs inter-**ACT**, one of the best aphasia clinics in the country. There, Boutilier would get intensive speech therapy eight hours a day, which will help him reclaim the vocabulary he lost in the accident.

In order to cover the \$40,000 needed, Ryan's partner Rosario Castanon created a Facebook page with Ryan's story. Offers of support came in and friends opened an account on youcaring.com, a fundraising website. They've raised \$7,600 after only two weeks. They have 160 days to raise the complete amount.

"We're trying to give Ryan his life back again," says Castanon, who supports Ryan and his daily regimen of therapies. "It's amazing how much Ryan's story has touched so many strangers."

DENIS ARMSTRONG/METRO



Traumatic brain injury survivor Ryan Boutilier is seen with one of his dogs in this undated photo. CONTRIBUTED

Thought to be assault

Injured man likely not beaten: Police

Gatineau police say a 31-year-old man found with bruises and multiple injuries to his head at 7 a.m. Wednesday may not have been involved in an assault as previously thought.

Police were called to 79 Rue Saint-Rédemptr after passersby found the injured man unconscious. He was

sent to hospital in serious, but stable condition.

Preliminary investigation led police to believe the man was a victim of a brutal beating.

But after receiving information from the public, police said Wednesday afternoon that isn't likely the case. The man has "significant" mental health problems, according to police.

He has yet to regain consciousness in hospital.

METRO

Suspect sought

Sexual assault near Heron station

Ottawa police are investigating a sexual assault that happened Monday around 9:40 p.m. while a 25-year-old woman was walking from the Heron Transitway station to Aldea Avenue near the intersection of Lasalle Street. Police say a "light skinned" man grabbed the woman from behind, dragged her into

nearby bushes and sexually assaulted her. The suspect fled and the woman was able to seek help from two men who were close by. The victim was treated at a local hospital for her injuries and released.

The suspect is described as having short dark hair, medium to athletic build, was about 6 feet tall and wore a dark-coloured sweatshirt and jeans.

Anyone with information is asked to contact police at 613-236-1222, ext. 5944. METRO

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Would you risk undeath for pot of cash? Zombies to roam Bank Street BIA

STEVE
COLLINS
ottawa@metronews.ca

The Bank Street BIA is teaming up with the living dead this Halloween for their first-ever Zombie Crawl.

"We're getting prepared for the zombie invasion," said a ghoulishly jocular Christine Leadman, executive director of the BIA.

"Hopefully Brad Pitt'll show up, too!" she joked.

Instead of the customary infectious bite, the BIA zombies shambling down Bank Street will give bar-coded cards to their "victims."

The cards are good for specials at participating stores displaying zombie window decals.

Three lucky bar codes will unlock one of three coffins

The more the drearier

The BIA is still looking for a few rotten volunteers to dress up and join their undead legion.

• If you're interested, email info@toastevents.com.



Bank Street merchants will welcome Zombie Crawl participants with this cheery window decal. **CONTRIBUTED**

located at La Prep restaurant (Bank and Cooper). The caskets are full of gift certificates worth \$500, \$1000 or \$1500.

Why zombies?

The event's being held October 31 from 11 a.m. to 3 p.m., and have you ever tried to get a vampire or werewolf out during business hours?

"The others only come out after dark," Leadman explained. "Zombies, they're not fussy. They come out at any time."

"It's one day when you can just go out and have a little fun," Leadman said.

"Dress up and be strange, bite a few people."



Natasha Bryce and her son Maxwell join other students and Dr. Isra Levy, Ottawa's Medical Officer of Health, in a "walking school bus," on their way to Woodroffe Avenue Public School. **COURTESY OTTAWA PUBLIC HEALTH**

Students walk the fitness talk

This is the way we go to school. A generation ago, more than 50% of kids walked to school, now only 28% do

Students, parents, and school staff took an extra step Wednesday in the march to get kids more physically active by participating in International Walk to School Day.

Dr. Isra Levy, Ottawa's Medical Officer of Health, and

Wallace Beaton, co-ordinator of Active and Safe Routes to School for Green Communities Canada were on hand at Woodroffe Avenue Public School, one of 17 area schools that participate in the School Travel Planning Project.

Schools actively recruit parents to accompany groups of kids to walk to school as a sort of "walking school bus." Implemented across Canada, the idea has also helped to reduce traffic, increase neighbourhood safety, and build stronger relationships in the

community.

Beaton's organization coordinates the project, and it is supported by the city's public health section.

Injuries are still the leading cause of death for children, said Kerry Kennedy, supervisor of the School Health Program at Ottawa Public Health. But with sedentary lifestyles driving obesity rates higher, she added, kids' risk for developing a major chronic illness like heart disease or diabetes is much higher.

"Just one generation ago,

more than 50 per cent of kids walked to school," Kennedy said. "Today, that's dropped to just 28 per cent."

Parents today are often too busy with their jobs and other commitments. Combine that with safety concerns, and we have a situation where kids are not active for the minimum 60 minutes a day, Kennedy said.

"Kids love walking to school," Kennedy said. "It reduces stress, and they arrive ready to learn."

MOLLY AMOLI K. SHINHAT/FOR METRO

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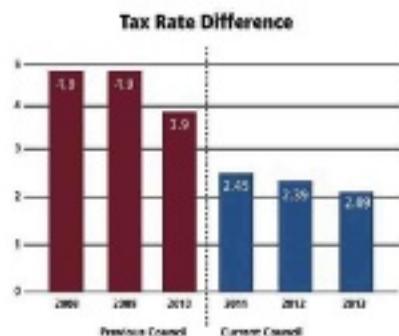
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Mental illness sufferers face stigma in job market: Report

The 'aspiring' workforce. Jobs provide self-esteem, independence, says mental-health community

MOLLY
AMOLI K. SHINHAT
ottawa@metronews.ca

About 90 per cent of Canadians who suffer from mental-health issues struggle with stigma, inadequate support, strict disability income policies, and discrimination that stops them from securing ongoing, long-term employment.

That's the key finding of The Aspiring Workforce, a report released by the Mental Health Commission of Canada (MHCC) at the Bronson Centre on Wednesday in conjunction with Mental Illness Awareness Week (Oct. 6-12).

"The vast majority of those individuals, just like all of the rest of us, have important skills and abilities to contribute to the labour market," said Cameron Keller, vice-president of programs and priorities at MHCC.

That they're without employment "is not only a problem for them individually and personally, and for their families and communities, but in fact for our entire nation ...



Don Mahleka says he's experienced first-hand the findings of a new report from the Mental Health Commission of Canada's (MHCC) that says people with mental illness face stigma in the job market yet benefit greatly from having a job. MOLLY AMOLI K. SHINHAT/FOR METRO

Canada's aspiring workforce has been locked out for far too long."

Produced by the Centre for Addiction and Mental Health (CAMH), Queen's University and the University of Toronto, the report identifies five priorities: supported employment,

income support, disability programs, workplace know-how and social businesses.

Combined, these can help people find employment and stay employed, the report says. For instance, Ottawa's bike-sharing business, Right Bike, is a social business that

creates employment opportunities for people living with mental illness.

The 19 recommendations focus on supported employment programs, and make suggestions for policy-makers, funders and researchers.

Keller noted the mental

health community has long known that people who work have greater self-esteem and independence, and are healthier.

The report found reliance on hospital and other health services is also significantly reduced when people who have mental illnesses are employed.

Youth and mental illness

Life, interrupted

Young adults who struggle with mental-health issues can find their lives interrupted if they don't receive the right support. Don Mahleka, 24, does not need to read the Mental Health Commission of Canada's (MHCC) report to know that. He's lived it.

About 10 years ago, Mahleka, his mother and brother left Zimbabwe. When he was learning how to drive in Canada, he experienced a lot of anxiety and decided not to get his licence. As a teen, this limited his employment options.

His struggles with depression and anxiety also left him estranged from his mother.

"I went through a period of homelessness," Mahleka said, where "I was calling up shelters and asking if I could stay."

To complete the volunteer hours required to graduate from high school, Mahleka worked at a local community centre. It changed his life.

With five years' experience in non-profits and youth organizations, he is now the operations manager for NGen and a member of MHCC's Youth Council.

With counselling, learning coping strategies, and managing his illnesses, Mahleka got his driver's licence this year.

MOLLY AMOLI K. SHINHAT/METRO

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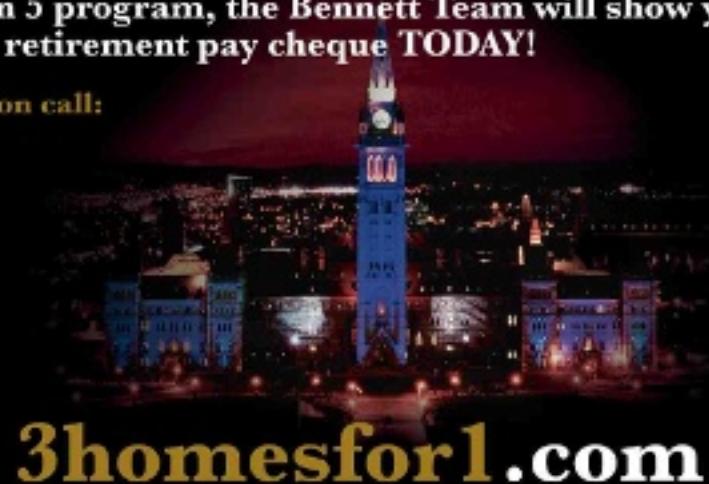
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Schoolchildren pray in Rawalpindi, Pakistan, Wednesday during a special class to recognize the anniversary of Malala Yousafzai's shooting by the Taliban. MUHAMMED MUHEISEN/THE ASSOCIATED PRESS

Malala's fame causes fear at former school

Pakistan. While the world cheers for the Nobel Peace Prize nominee, ex-classmates, teachers are haunted by the threat of the Taliban

One year after a Taliban bullet tried to silence Malala Yousafzai's demand for education, she has published a book and is a contender for the Nobel Peace Prize. But the militants threaten to kill her should she dare return home to Pakistan, and the principal at her old school says that as Malala's fame has grown, so has fear in her classrooms.

Although Malala remains in Britain and her assailant is still at large, police say the case is closed. And many Pakistanis publicly wonder

whether the shooting was staged to create a hero for the West to embrace.

Shortly after the attack, Pakistani schoolchildren filled the streets carrying placards with the words: "I am Malala." A year later, a popular refrain is "Why Malala?"

In Pakistan's Swat Valley, the giant sign that once identified Malala's school is gone. Rickshaws rumble to a stop as girls, their heads covered and faces obscured, scramble out and dash into the building.

The school made no plans to recognize the anniversary,

although children in other parts of the country did. Teachers and students are afraid. Even a giant poster of Malala that once emblazoned the wall of the assembly hall has been removed.

"We have had threats; there are so many problems. It is much more dangerous for us after Malala's shooting and all the attention that she is getting," said school principal Selma Naz. "The Taliban are very dangerous. They have gone from Swat, but still they have a presence here. It is hidden, but it is here. We all have fear in our hearts."

THE ASSOCIATED PRESS

Quoted

"If we found her again, then we would definitely try to kill her. We will feel proud upon her death."

Taliban spokesman Shahidullah Shahid, speaking about Malala Yousafzai during an interview with The Associated Press

Case closed in Pakistan

Attacker not likely to face justice

Malala's attacker will likely never be caught, said Ahmed Shah, an educator whose battle for girls' education has also brought death threats from the Taliban. Shah noted that police

rarely even investigate an incident if the Taliban take credit for it.

Fear among judges generally leads to acquittals anyway, said Swat lawyer Aftab Alam. "No one can dare to appear before the court, even the police cannot dare to investigate" an attack by the Taliban because of fear of retaliation, said Alam. "It is just

impossible."

Military officials say Malala's assailant, identified as Attaullah, has fled to Afghanistan, while the police say the case is closed.

Attaullah's sister, Rehana, told The Associated Press at her mountain home in the Swat Valley: "We don't know where he is, whether he is dead or alive." THE ASSOCIATED PRESS

Two Canadians trapped in Egypt release video

'Ordeal's not over'

Still under 'active investigation,' only a judge can decide when they fly home

Two Canadians who remain trapped in Egypt after being released from jail have made their first appearance in an online video.

Filmmaker John Greyson and physician Tarek Loubani, who were detained for seven weeks in Cairo, appear healthy and upbeat as they speak in the 66-second video posted Wednesday to



Filmmaker John Greyson and physician Tarek Loubani in a video they released on Wednesday. YOUTUBE SCREEN GRAB

YouTube. Greyson said in the video that while the "ordeal's not over" it was time for the pair to say hi to those who supported them. It's not clear when Egypt

will allow them to fly home. An official said the men remain under investigation, and it's up to a judge when they are free.

THE CANADIAN PRESS



Russia gets tough with little Netherlands

Maarten Huiskamp cuts a piece of Dutch cheese in De Kaaskamer store in Amsterdam on Wednesday. The Netherlands has apologized after a diplomatic spat over the arrest and detention of a Russian diplomat by police in The Hague, but relations between the countries are soured. Russian news agencies said that a delegation inspecting Dutch cheese facilities is not satisfied with the quality of the product. PETER DEJONG/THE ASSOCIATED PRESS

Utah

Nature calling?

A Utah man has been sentenced to seven days in jail after a high-speed chase that he blamed on a bathroom emergency. Jeffrey Laub, 39, told a judge that he was racing to get to a toilet as he was chased by cops at 178 km/h. THE ASSOCIATED PRESS

Kuwait

Jail term for insulting emir

Kuwait newspapers say a court has sentenced an online activist to two years in jail for insulting the nation's ruler. It is the first case since a blanket pardon for similar offences last summer. THE ASSOCIATED PRESS

Utica, N.Y.

Sounded like a puppy in distress

A frantic effort to save what was believed to be a puppy trapped in an upstate New York City's sewer system has a happy ending. There was no trapped pup, just a sewer system that sounded like one. THE ASSOCIATED PRESS



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Allegations of racism. Syrian refugees in Lebanon blamed for burglaries, taking jobs, traffic jams

Last year, as Syrian refugees were pouring in, signs started going up in Lebanese towns and villages imposing night-time curfews and warning the newcomers to stay away. Some referred just to "foreign workers," others directly cited "Syrians."

The signs have since come down amid a campaign by human rights activists who rallied in Beirut this summer and hung a banner from a bridge in the capital saying: "Excuse us for the behaviour of those who are racist among us."

But with more than a million refugees in a country of just 4.5 million, the tensions linger. Lebanon is the biggest recipient of Syrians fleeing the 2 1/2-year civil war that has killed more than 100,000 people and displaced millions. Syrians are accused of commit-

ting burglaries, of cutting into the job market, even of causing traffic jams.

Judi, a 22-year-old student, describes being ordered out of a taxi when the driver learned she is Syrian. Majid, who works at a parking lot, says he has taken to hiding his nationality.

Abed, a Beirut concierge, returned to Syria to spend Ramadan with family and when he tried to come back, an immigration officer banned him from entering for one year.

All three asked that their surnames be withheld because their situation is sensitive.

Many Lebanese have opened their homes, but Lama Fakih of Human Rights Watch said refugees tell the organization that they feel a growing hostility.

THE ASSOCIATED PRESS



A Syrian girl washes rice outside her tent at a temporary refugee camp, near the Syria-Lebanon border. HUSSEIN MALLA/THE ASSOCIATED PRESS FILE

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In this file photo, U.S. Secretary of Defense Chuck Hagel, second left, stands with an Egyptian army official before laying a wreath at the tomb of late President Anwar al-Sadat in Cairo. U.S. officials said Wednesday that the Obama administration is poised to slash hundreds of millions of dollars in military and economic assistance to Egypt. The U.S. has been considering such a move since the Egyptian military ousted the country's first democratically elected leader in June. CONTRIBUTED

U.S. aid to Egypt cut until 'credible progress' made

Hundreds of millions of dollars slashed. America will still provide health and education assistance and money to secure borders and fight terrorism

The United States is cutting hundreds of millions of dollars in aid to Egypt in response to the ouster of President Mohamed Morsi and the crackdown by the military-backed government on his supporters.

The U.S. provides \$1.5 billion in aid each year to Egypt. While the State Department did not provide a dollar amount

of what was being withheld, most of it was expected to be military aid. A U.S. official said the aid being withheld included 10 Apache helicopters at a cost of about \$500 million.

The official provided the information only on condition of anonymity because the official was not authorized to comment by name.

The U.S. decision to slash aid to Egypt will create new friction in Washington's already uneasy relations with the government that ousted the first democratically elected Egyptian president. And the consequences won't end there. The move will anger Persian Gulf states, push Egypt to seek assistance from U.S. rivals and upend decades of close ties with the Egyptians that have been a bulwark of stability in the Middle East.

State Department spokeswoman Jen Psaki said in a statement Wednesday that the U.S. will withhold delivery of certain large-scale military systems as well as cash assistance to the Egyptian government until "credible progress" is made toward an inclusive government set up through free and fair elections.

The U.S. will still provide health and education assistance and money to help Egypt secure its borders, fight terrorism and ensure security in the Sinai.

The U.S. also will continue to provide parts for military equipment coming from the United States as well as military training and education. The U.S. military has continued shipments of thousands of spare parts for American weapons

U.S.-Egypt relations

The U.S. and Egypt have gotten used to relying on one another.

- Egypt gives the U.S. permission to fly over its territory to supply American troops in the Gulf, allows the U.S. to move men and materiel through the Suez Canal without delay and co-operates with American intelligence agencies.

- It is unclear if co-operation on these fronts will be affected by the decision.

systems used by the Egyptian forces.

THE ASSOCIATED PRESS



Cuban authorities are shaking up the leadership at two of the country's most prominent newspapers. THE ASSOCIATED PRESS FILE

New newspaper bosses same as the old?

Cuban authorities are shaking up the leadership at two of the country's most prominent newspapers.

Communist Party newspaper Granma says director Lazaro Barredo is being replaced by Pelayo Terry Cuervo, who previously headed the party's youth organ, Juventud

Rebelde. Juventud Rebelde deputy director Marina Menendez Quintero is being promoted to lead that newspaper.

A brief story in Granma on Wednesday says the goal is to achieve "renewal."

The decision was made by the Communist Party's powerful Political Bureau.

President Raul Castro challenged Cuban journalists in 2011 to be bolder with "objective, constant and critical reporting."

However there has been little discernible change since then in island media, which rarely venture from the official line. THE ASSOCIATED PRESS

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Judge ridicules quest to punish census activist

In the name of justice?
89-year-old 'martyr in the making' is a public-relations disaster for the prosecution, judge says

A Toronto judge lambasted the government Wednesday for its prosecution of an 89-year-old peace activist who refused to fill out the 2011 census, and found her not guilty.

Audrey Tobias admitted that she refused to fill out the basic personal information the census required because it was processed using software from U.S. military contractor Lockheed Martin.

But the judge noted there are two elements that the Crown must prove for a conviction: the act and the intent.

Tobias's testimony left Ontario Court Judge Ramez

Khawly unsure whether she was accurately recalling her intent for refusing the census nearly 2 1/2 years ago, or if the passage of time has "dimmed her memory."

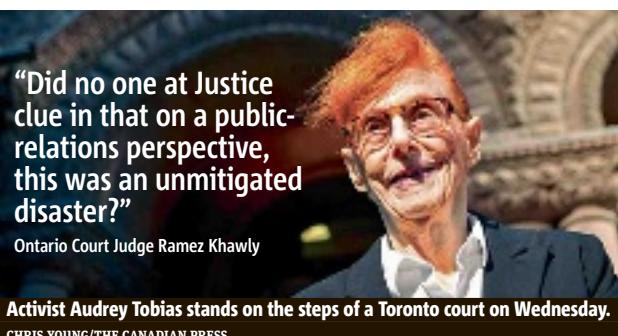
That left Khawly with reasonable doubt of Tobias's intent and he said he therefore must acquit her.

"Could they not have found a more palatable profile to prosecute as a test case?" Khawly said. "Anyone in Justice who had not seen that coming should be ushered immediately into an introductory marketing course."

Tobias stood defiant on the courthouse steps, saying she was willing to be dragged off to jail if she had been found guilty.

Asked whether she had been afraid of the prospect, she shrugged.

"I was curious," she said. "I wondered what it would be like." **THE CANADIAN PRESS**



"Did no one at Justice clue in that on a public-relations perspective, this was an unmitigated disaster?"

Ontario Court Judge Ramez Khawly

Activist Audrey Tobias stands on the steps of a Toronto court on Wednesday.
CHRIS YOUNG/THE CANADIAN PRESS



Mexican woman turned away from clinic, gives birth on lawn

Irma Lopez, 29, stands next to her newborn son Salvador at a clinic in the town of Jalapa de Diaz, Mexico, earlier this week. Mexican officials suspended a health-centre director Wednesday after Lopez, an indigenous woman, was denied entry to his clinic and was forced to give birth on the lawn. A nurse kicked Lopez out of the clinic on Oct. 2, claiming she was "still not ready" and had to wait for a doctor. Lopez gave birth while grabbing the wall of a house next to the clinic. **CHEMA ALVAREZ/THE ASSOCIATED PRESS**

France. 2 more reporters held in Syria identified

France has revealed the existence of two more journalists taken hostage in Syria, after the prime minister identified them in a radio interview, apparently by mistake.

The disclosure that Nicolas Henin and Pierre Torres had been kidnapped while in Syria June 22 brings to four the total of French journalists known to be held hostage in Syria.

The Foreign Ministry said Wednesday that Henin and Torres' capture was not disclosed until now out of respect of their families' wishes. However, in an interview on French radio Wednesday, Prime Minister Jean-Marc Ayrault named them for the first time while answering a question about two other kidnapped reporters.

THE ASSOCIATED PRESS

Brazil. Man left legless after amputation mixup

A Brazilian hospital says a patient with diabetic kidney failure has been left legless after going into an operation to amputate his right leg and having doctors remove his left.

Marilda Santos, spokesperson for Rio de Janeiro's Pedro Ernesto University Hospital, says that on Friday doctors were supposed to

amputate Antonio Cesar Victorio's right leg, but instead removed his left.

"When the patient's daughter told doctors they had removed the wrong leg, they amputated the other leg as well."

Victorio's daughter told the O Globo newspaper that the family plans to sue.

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Shipwreck compels EU to act on asylum

Additional \$40M in funding. Until recently, EU has largely stayed out of such matters

The head of the European Commission announced Wednesday during a visit to Lampedusa that Italy would receive an additional 30 million euros (\$40 million US) in EU funds to help settle and receive new refugees after the sinking of a migrant boat off the Sicilian island killed at least 297 people.

Officials also announced that migration would be on the agenda of the European leaders' summit from Oct. 24-25 and would have a priority place in the 2014 EU agenda.

"The challenges that Lampedusa and Italy are facing are European challenges," European Commission President Jose Manuel Barroso told reporters after touring Lampedusa's migrant holding centre.

The EU has long taken a back seat regarding border security and asylum policies, leaving the problem mainly to its member states. But last week's sinking of a smugglers' boat carrying 500 migrants came as a bitter wake-up call that more co-operation will be needed to avert further tragedies.

In an indication of a shift in approach at home, Premier En-

Breaking point

"The EU cannot accept that thousands of people die at its borders."

European Commission President Jose Manuel Barroso



Migrants in Lampedusa prepare to board a ferry on Monday for Sicily, where they will be sent to other temporary camps based on their legal status. LUCA BRUNO/THE ASSOCIATED PRESS

rico Letta announced that the victims of the disaster would receive a state funeral.

He stressed that unlike the economic migrants who flocked to Italy during the 1990s, the new arrivals are by and large political refugees fleeing persecution at home — and that that shift requires a change in mentality about how they should be received and integrated once they arrive in Europe. THE ASSOCIATED PRESS

Overwhelmed

What the money is for

The 30 million euros will help Italy improve the standards at its immigrant holding centres to better care for new arrivals while their cases are processed.

The Lampedusa centre, for example, routinely houses far more people than its capacity of 850. This week, recent arrivals have slept outside in the rain because there was no space inside for them. Of critical concern is caring for unaccompanied minors. THE ASSOCIATED PRESS

Why shouldn't Saudi women drive?

Saudi women on the ultra-conservative kingdom's top advisory council have called for a discussion on the sensitive issue of allowing women to drive, a move that could embolden reformers pushing to lift the ban.

The official request was made this week to the head of the Shura Council, member Latifa al-Shaalan said, to address all "excuses" raised to keep women from driving, since Islamic law and Saudi

Signatories

15,000

The recent driving campaign started as an online petition last month and has so far garnered nearly 15,000 signatures.

traffic laws do not forbid it.

Women seeking the right to drive in Saudi Arabia have been energized by a campaign calling on them to drive

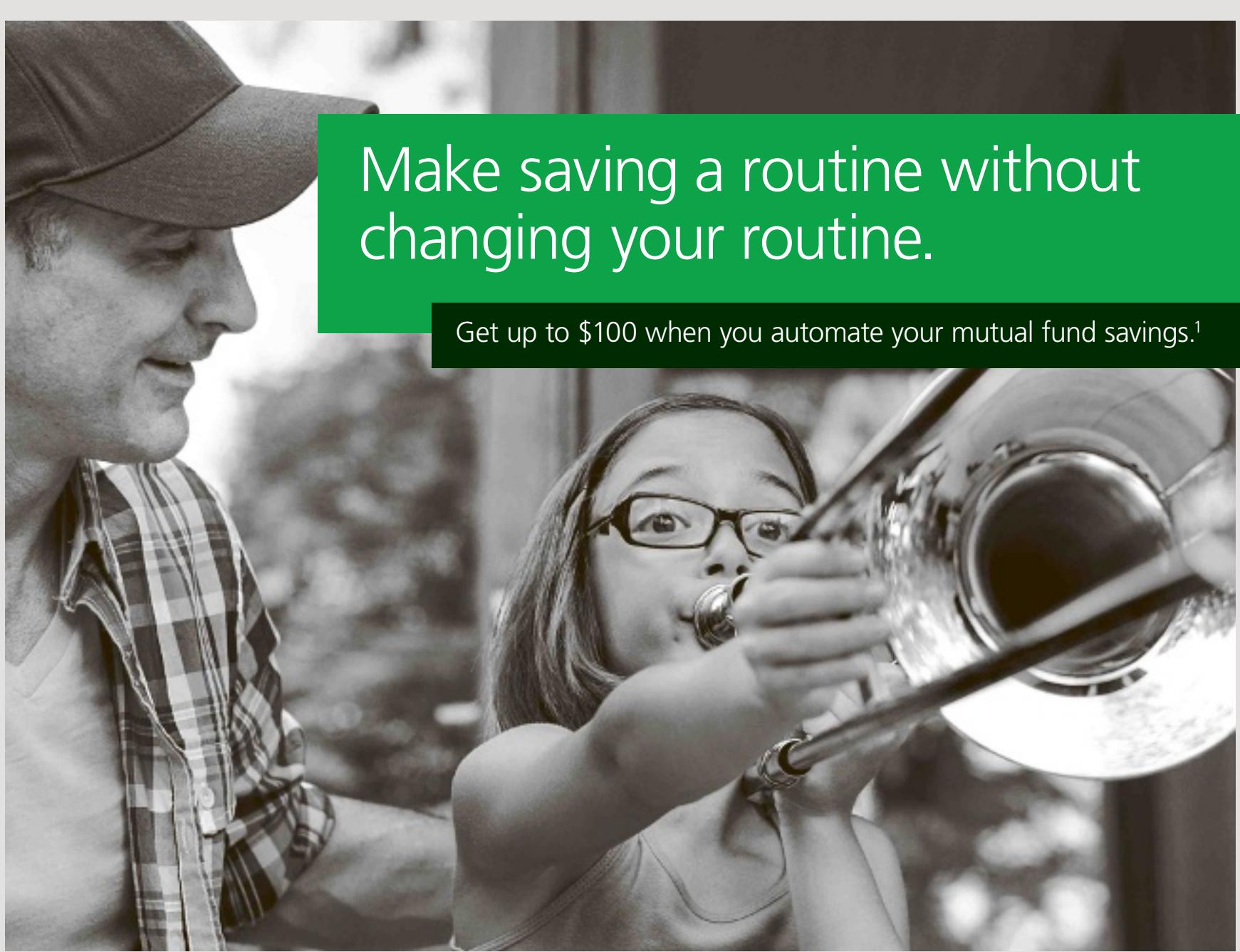
on Oct. 26. Saudi law does not explicitly prohibit them from driving, but religious edicts by senior and influential clerics are enforced by the police, effectively banning it. Authorities do not issue driving licences to women.

Recently a prominent Saudi cleric caused a stir when he said medical studies show that driving has adverse effects on women's ovaries because it forces the pelvis upward. THE ASSOCIATED PRESS



A woman enters a car in Riyadh.

HASSAN AMMAR/THE ASSOCIATED PRESS FILE



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Gay Mountie on the front lines of teen bullying

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RCMP. Tad Milmine talks to kids in schools across Canada; one in seven Canadian children 11 to 16 are bullied: 2004 study

When Tad Milmine walks into a classroom, students don't know anything about him.

They don't know he's an RCMP officer. They don't know he's gay. They don't know he's been bullied and abused.

But within minutes, students know he's there for them, especially in their darkest, most vulnerable moments, Milmine said.

He speaks to them through the spirits of On-



In Port Coquitlam, B.C., Carol Todd holds a photo of her late daughter Amanda signed by singer Demi Lovato. DARRYL DYCK/THE CANADIAN PRESS

named Tad," said the Surrey, B.C., RCMP officer.

Milmine started talking to students across Canada last October. When he visits a school he gets messages from up to 25 per cent of the students.

THE CANADIAN PRESS

BlackBerry Z30

Social media thumping got this change

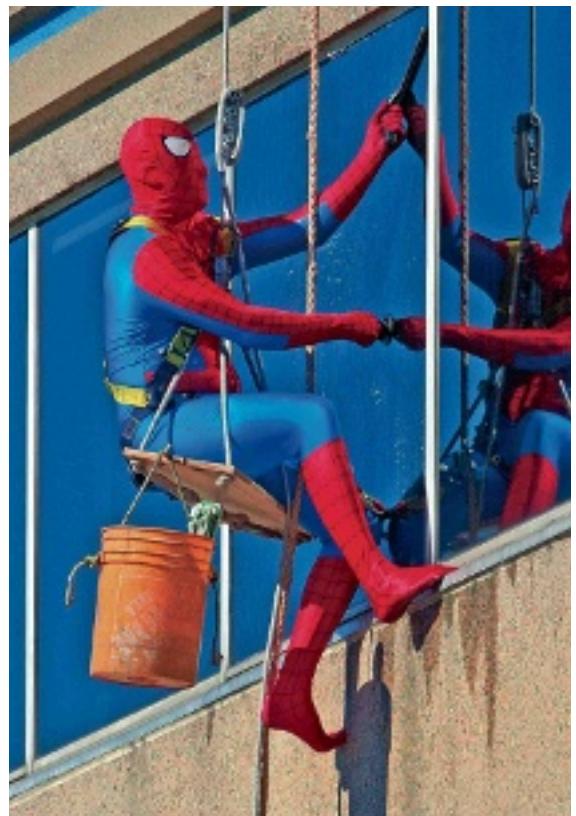
Rogers Communications says loyal BlackBerry smartphone users have spoken.

The firm said Wednesday it has reversed its decision not to sell the upcoming BlackBerry Z30 smartphone due to a strong response from its customers — particularly on social media.

Rogers said that it now plans to carry the phone on its website, as well as through its national reservation system and directly to business customers.

"We have a longstanding partnership with BlackBerry and continue to be big supporters of the company and their products," Rogers spokeswoman Terrie Tweddle said. The move comes after Rogers faced a backlash on message boards and Twitter last week from customers. Some users accused Rogers of abandoning a fellow Canadian company.

THE CANADIAN PRESS



One cool window cleaner

Window cleaner Mitch Logan washes the windows of Young Tower in Halifax dressed as Spider-Man on Wednesday afternoon. Logan, who will be back working in costume on Thursday, said he was dressed up as Spider-Man for charity. JEFF HARPER/METRO IN HALIFAX

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"What are the **economic benefits?**"

According to an independent study by Deloitte & Touche, the Energy East Pipeline project will create an estimated 2,200 direct full-time jobs in Ontario in the first six years alone. Fully funded by TransCanada, the project will also generate an estimated \$13 billion for Ontario's economy, \$3.5 billion in provincial government tax revenues and countless other business opportunities. Do you have questions about the economic benefits of Energy East? We have your answers at

EnergyEastPipeline.com

TransCanada is a Canadian company with over 60 years of experience building pipelines and power infrastructure safely and reliably.

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Market Minute



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TSX
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\$1,307.20 US (-\$17.40)

Natural gas: \$3.68 US (-4¢)

Dow Jones: 14,802.98 (+26.45)

Samsung's claim

This smartphone is ahead of the curve

Samsung Electronics says it will release a smartphone with a curved display — and a \$1,000 price tag.

The Galaxy Round has a curved 5.7-inch (14.5 cm) screen using advanced



THE ASSOCIATED PRESS

display technology called organic light-emitting diode, or OLED, technology.

The Korean company says the curved-screen phone is a world first.

Inequality

Rich? Ask these 110 Russians

A report by a major investment bank says 35 per cent of household wealth in Russia is owned by just 110 people.

It's the highest level of inequality in the world

barring small Caribbean nations.

The fall of communism saw Russia's most prized assets sold off to a small circle of businessmen later known as oligarchs.

President Vladimir Putin allowed them to keep their wealth in exchange for their political loyalty.

THE ASSOCIATED PRESS

Where's the remote? It's on Twitter... in a unique new TV, movie link-up

Tweet this: Twitter has linked up with the American media company Comcast.

The two giants have signed a partnership that will let viewers access TV shows and buy movie tickets directly from a tweet.

The development deepens the messaging service's ties to television programming.

Twitter Inc. and Comcast Corp. said Wednesday a new feature that's part of the deal will let customers of Comcast's Xfinity TV service tune in to programs by clicking a "see it" button in a tweet.

Comcast CEO Brian Roberts called it "an instant on-line remote control."

The button will allow Twitter users to set DVRs, tune in to



The Sept. 29 finale of *Breaking Bad* generated a record 1.24 million tweets. AMC/THE ASSOCIATED PRESS

shows online, on TV or on mobile devices.

They can also buy movie tickets through Fandango.

In the current TV season, shows on NBC, USA, Bravo, MSNBC and other networks will be accessible through the "see it" button.

Comcast and Twitter said they are in talks with other TV networks and companies that will use the feature in the "coming months."

Twitter's deal with the largest U.S. cable company comes as the messaging firm prepares for an initial public offering of stock, which could occur next month.

THE ASSOCIATED PRESS

A cry for help?

There are some surefire ways the social networking site can come to your aid



JESSICA SMITH
Metro in Toronto

Teens have a different Facebook than the rest of us.

Their profiles aren't searchable through Google, their default settings are more private and they only show up in Facebook's new Graph Search to their "friends of friends" network.

It's all about teen safety.

Facebook Canada invited reporters Wednesday to learn more about how the social network deals with that topic.

Facebook's manager of privacy and safety Nicky Jackson said the company chooses to give teens — kids are supposed to be at least 13 to be on the site — autonomy, in part because young

Quoted

"There's a lot of misunderstanding. And we get it — you want to understand how your image is being used."

Nicky Jackson, Facebook exec.

people tend to go to Facebook to talk about things they can't tell their parents about, such as violence in their home or coming out as LGBT.

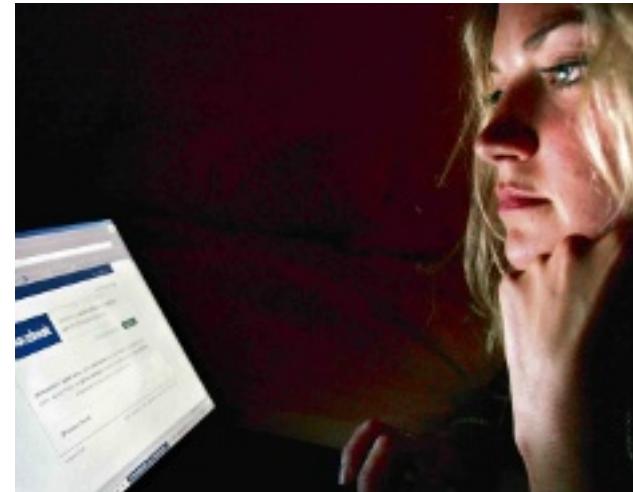
Facebook tries to give them a safe environment to communicate, she said.

Jackson explained the different ways a user can ask for help.

There are built-in mechanisms for reporting bullying to a trusted adult and to Facebook operators who can remove the bullying post.

And there are mechanisms for reporting crises such as suicide attempts to emergency services.

Teen safety and privacy has been a controversial subject for Facebook.



Facebook wants to provide a safe environment. CHRIS JACKSON/GETTY IMAGES

American advocacy groups have launched a complaint with the U.S. Federal Trade Commission, warning that children are vulnerable and "should not be subjected to the same range of sophisticated ad-targeting practices that Facebook imposes on adults."

Just recently ads for a dating site appeared on Facebook featuring the photos of Halifax teen

Rehtaeh Parsons, who died by suicide after bullying and an alleged sexual assault.

The advertiser found Parsons' photos from a search engine and used them directly in the ad.

Facebook took down the ads and banned the advertiser.

THE ASSOCIATED PRESS

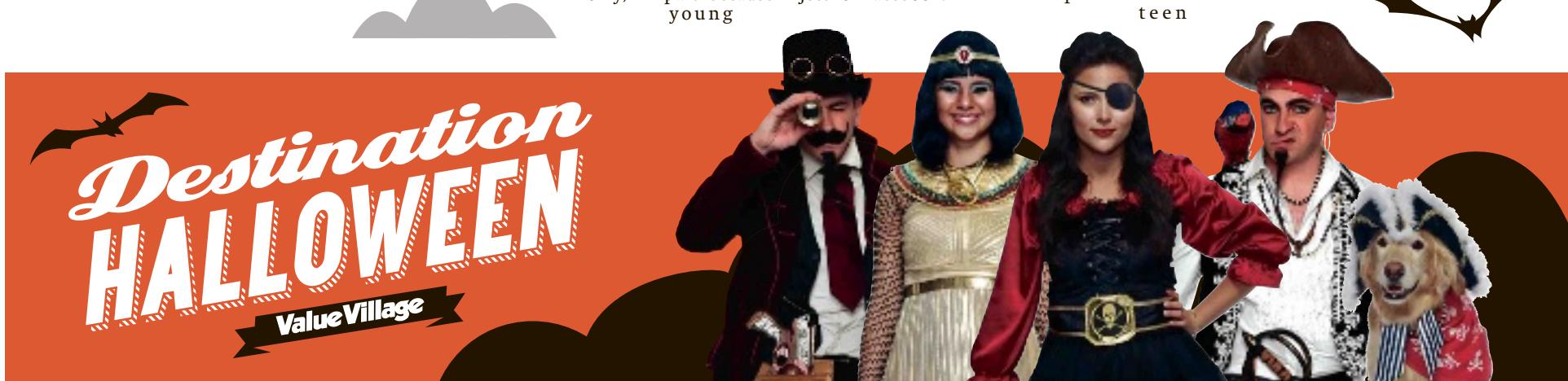
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NOBEL PRIZE WINNERS SHOULD GET TO TWERK

I sometimes wish I lived in a world where Nobel Prize week was as popular as Shark Week.

Alas, I live here. So while I might be excited to see people take home Nobel Prizes in physics or medicine or chemistry, I know it won't get the public nearly so excited as footage of any of those people being eaten by a hammerhead.

I've considered the potential of some reality TV glitz — each prize presented by Miley Cyrus, say, licking the medal like it's chocolate wrapped in foil. Or the winners making public phone calls to childhood bullies so they can boast they've won a million dollars (as well as a large chocolate medallion and a chance to meet Hannah Montana).

But, really, we shouldn't have to glitz it up at all. A Nobel Prize, after all, is one of the most respected awards in all of humankind, second only to the Daytime Emmy Awards. To illustrate, here's a timeline (of the Nobels, not the Emmys).

1888: Alfred Nobel, butler for reclusive billionaire Bruce Wayne and the inventor of dynamite, is shocked to read his own obituary in a French newspaper, which dubs Nobel "the merchant



HE SAYS
John Mazerolle

metronews.ca

of death." In response, he creates the Nobel Prize so that he might be remembered more fondly, then has his critics blown up with dynamite.

1901: Wilhelm Conrad Rontgen becomes the first person to win a Nobel Prize for physics when he discovers X-rays, using the \$1.2-million prize to buy a hundred years' worth of X-ray Glasses ads in the back of Archie comics.

1911: Marie Skłodowska-Curie wins a Nobel Prize for chemistry. The Curie family wins five Nobel Prizes in total, earning them the nickname "the Sutter family of the Nobel Prize world" among those who are huge fans of both the Nobel Prize and the NHL.

1953: Physicist Frederik Zernike wins for his invention of the phase contrast microscope, earning the scorn of his fellow physicists who had all made some pretty cool papier-mâché volcanoes that erupt when you add baking soda.

1965: The awards show institutes an annual memorial reel — showing all those who have died in science, for science and because of science — which runs about 11 days.

1973: Chemists Stanford Moore and William H. Stein win for their research showing that the maxi pad on the left soaks up far more blue liquid than the other guy's sanitary napkin on the right.

1992: The Nobel Prize for Swimsuit Competition is discontinued after complaints from women's groups that the winner is always Swedish.

2007: After years of snubs, Martin Scorsese finally wins a Nobel Prize for his physics work, which provided a mechanism to explain the typical blood spatter pattern on gangsters' pinstripe suits.

2009: U.S. President Barack Obama's selection as winner of the Nobel Peace Prize stirs controversy, especially after he declines the invitation to come to Oslo and has a drone pick it up on his behalf.

As you can see, the Nobels have a colourful and even controversial history that should get people just as excited as any version of Jaws, whether a great white's or Miley Cyrus's. The beauty of science and the nobility of the human spirit should be enough to attract eyeballs.

Or, what the hell, just get Robin Thicke and Miley Cyrus to host and call the damn thing the Nobelz, if more people will watch. The Discovery Channel used to be a science station, after all.

How's that for blurred lines?

Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

There's a long weekend coming up, which means you might find yourself doing a little travelling. So please a) stay safe and b) check out these games you can carry in your pocket to help while away the hours.



CONTRIBUTED

but beautifully clever writing — especially the snarky Cave narrator — should keep you smirking as you deal with monsters and hazards. The small screen can make for problematic controls, but we're used to that by now. (iOS/\$4.99)

X-Type:

We're fudging a bit here, since this isn't an app at all. Instead, simply plug photoslab.org/xtype into your browser and you'll be served up with a twin-stick space shooter. So blast as many menacing space threats as possible while this is still fresh, because it's your only chance to get on the leaderboard before the hardcore shows up.

Naughty Bricks :

If the similarity between this title and another massively successful app starring cartoons with an unpleasant disposition raises your eyebrow, said eyebrow has a point. While Bricks isn't an Angry Birds clone, per se, it's close enough — giving you one physics-based shot at flinging the sun into a cluster of wisecracking bricks that are heading toward Earth. (iOS, Android/\$1.99)

The Cave:

More than just the titular location, The Cave is also the titular character narrating a puzzle-solving adventure game from the creator of the Monkey Island series. The setting can be dark

with my gas points. The black one looks like a sweatshirt I'd buy at Roots. They dropped the ball (or puck) with these.

Chris posted to metronews.ca

Nice practice jerseys! Did hockey Canada run out of money for real ones?

DaN posted to metronews.ca

The first thing I thought of when I looked at the picture was, Petro Canada is going to love this!

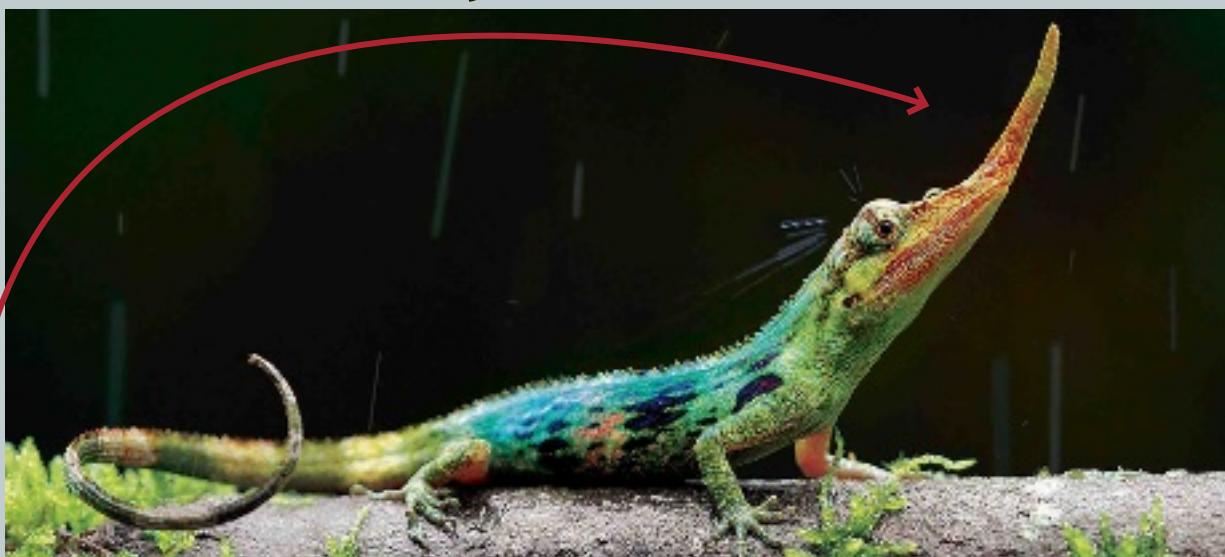
GW posted to metronews.ca

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ZOOM

You said they're extinct?



ALEJANDRO ARTEAGA/TROPICAL HERPING

Your nose is going to grow

Pinocchio lizard fools us by reappearing

It's no tall tale that the aptly named Pinocchio lizard — once thought to be extinct — has been caught on camera in Ecuador. The Anolis Pinocchio has only been sighted on three occasions since 2005.

After a three-year search, a team of photographers and researchers found the creature.

METRO

Once thought to be a 'mythological creature'

"Finding the Pinocchio anole was like discovering a secret, a deeply held secret," said photographer Alejandro Arteaga. "We conceived it for years to be a mythological creature."

It was first discovered in 1953 but disappeared for forty years, only to be rediscovered in 2005 by birdwatchers. **METRO**

The nose knows

- The lizard was named after the children's character Pinocchio.
- It was found in the cloud-forest of Mindo, Ecuador.
- Its nose is incredibly flexible and it's not believed to be used for mating or battling rival males. But its exact purpose is not known.

Where to find Pinocchio

1,530

The height in metres above seal level that the Pinocchio anole lives.

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The dance revolution will be choreographed

Dance. Owner of Ottawa's only street dance studio hopes to promote positive display of movement



BACKSTAGE PASS
Jen Traplin
ottawa@metronews.ca

As a teenager, Sami Elkout, the owner of The Flavor Factory Urban Dance School, was curious about breaking but didn't know where to start.

Naturally, he turned to the Internet.

"At the time, we didn't have Google or YouTube or anything like that so I just typed in the URL breakdance.com and, luckily, this website came up that had this horrible yellow backdrop but it had a listing of every single move at the time and about a paragraph describing how to do it.

"There weren't really any videos, barely any pictures but there was this paragraph. So, I would come

More info

- **On the web:** For more information on The Flavor Factory Urban Dance School, check out flavorfactoryuds.com



The Flavor Factory Urban Dance School offers classes in breaking, hip hop, house, popping and street jazz. JERICK COLLANTES

home from school and I would pick a move, I would read the paragraph and try to figure it out," Elkout explains.

Soon after, he met other breakers and started taking classes with Ben Jammin and Universal Will, members of the Canadian Floor Masters, the oldest performing Bboy crew in Canada.

"That also led to me doing hip hop at the studio and being on the competi-

tive hip-hop team," he says.

A few years later, while he was taking a business administration course at Algonquin College, Elkout decided to put together a dance group called Bread-Crumbs Crew.

"It became almost like a side project for my business stuff. I was learning things in school and then applying them to the crew, so it was cool to do that."

Over the years, the Bread-

Crumbs Crew has performed at Ottawa Senators games and various other events around town.

Now, the crew is an extension of Elkout's latest business venture, The Flavor Factory Urban Dance School — the only street dance studio in Ottawa.

Flavor Factory offers classes in breaking, hip hop, house, popping and street jazz, and welcomes all ages and skill levels.

Elkout says the goal of the school is to help others who are curious about street dancing, like he was, and to promote a positive and healthy display of dance culture in the community.

"We're training people to not only do choreography but we're also training them to be able to freestyle and to compete in freestyle dancing so we can go to Toronto or Montreal and hold our own as Ottawa; as a community."

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Taylor Lautner. Twilight star ready to get his Dirk on

The most employable part of Taylor Lautner has always been his abs. And of course, *Twilight* made ample use of his were-torso.

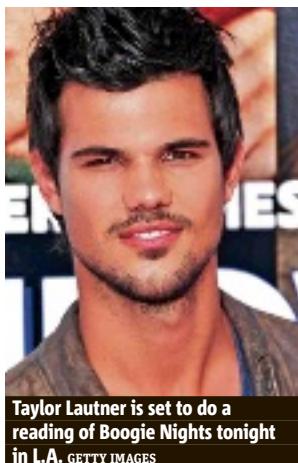
So it makes a certain amount of sense that his next post-*Twilight* gig would be kinda porny. Even pornier than *Twilight*, that is.

Not that Lautner is actually set to be the next Ron Jeremy. Just the next Mark Wahlberg.

According to *EW* Online, he'll do a reading of the 1997 film *Boogie Nights*, taking Mark Wahlberg's role, Dirk Diggler, in the porn fable. He'll be joined by Judy Greer as Amber Waves and Mae Whitman as Rollergirl (really?).

The reading, organized by Jason Reitman, will be at Film Independent at LACMA in Los Angeles tonight.

MELINDA TAUB/MWN



Taylor Lautner is set to do a reading of *Boogie Nights* tonight in L.A. GETTY IMAGES



Britney Spears holds out hope that the *Breaking Bad* finale wasn't really the end of it all. GETTY IMAGES

Britney loves *Breaking Bad*

But not the finale.

Singer gives her opinion on the last episode: spoiler alert

Here's a weird thing: Britney Spears is a huge *Breaking Bad* fan. However, after seeing the finale, she has a few notes for Vince Gilligan et al. Spoilers ahead for the end of *Breaking*

Bad, and for Britney Spears' opinion on it.

"I didn't like it at all. I didn't think (main character Walter White) should have died," she told Z100. "Maybe they'll do another episode where the ambulance like comes and revives him or something."

Uh... maybe. Or maybe Britney is just the most bizarrely optimistic *Breaking Bad* viewer of all time. We're pretty surprised that she's into it at all.

Maybe that's the real twist ending: Britney Spears is a fan of *Breaking Bad*.

Brit also addressed her odd choice to have a British accent in her latest single, *Work B*: "I just feel like British people have more personality," she explained.

Faking a British accent when you're from Mississippi is certainly a sign of a distinctive personality, yes.

MELINDA TAUB, MWN



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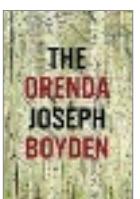
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1. DOCTOR SLEEP Stephen King

Haunted by the inhabitants of the Overlook Hotel where he spent one horrific childhood winter, an adult Danny Torrance has now become Doctor Sleep – and finds himself being pulled into an epic war between good and evil.

Last Week: 1 / Weeks on List: 3



2. THE ORENDA Joseph Boyden

Giller Prize winner Joseph Boyden returns with a visceral portrait of life at a crossroads in his masterpiece of Canadian historical fiction, *The Orenda*.

Last Week: 2 / Weeks on List: 5

This Week

Last Week Weeks on List

3. THE LONGEST RIDE	Nicholas Sparks	3	4
4. A HOUSE IN THE SKY	Amanda Lindhout and Sara Corbett	6	6
5. THE SILENT WIFE	A.S.A. Harrison	4	7
6. MADDADDAM	Margaret Atwood	7	7
7. GRAIN BRAIN	David Perlmutter	5	4
8. KILLING JESUS	Bill O'Reilly	14	3
9. GONE	James Patterson	19	2
10. STEVE JOBS	Walter Isaacson	8	5
11. THE CASUAL VACANCY	J.K. Rowling	10	12
12. INFERNAL	Dan Brown	11	20
13. BREAK OUT!	Joel Osteen	17	2
14. THE SIGNATURE OF ALL THINGS	Elizabeth Gilbert	20	2
15. ONE SUMMER	Bill Bryson	18	2
16. TIME NOW FOR THE VINYL CAFE			
STORY EXCHANGE	Stuart McLean	12	4
17. BLOOD	Lawrence Hill	15	2
★18. THE CIRCLE	Dave Eggers	-	1
★19. A NATION WORTH RANTING ABOUT	Rick Mercer	-	1
★20. MY STORY	Elizabeth Smart	-	1

Combined Fiction and Non-Fiction Bestsellers for the week, ending October 14th

★ New this week

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From Fifty Shades to Jurassic Poke

Dinosaur erotica.

Writer is ready and willing to talk about Rex — and all of his frenzied fans

ANDREA PARK

Metro World News in New York

Authors Christie Sims and Alara Branwen gained Internet notoriety after writing several volumes of dinosaur erotica, including *Taken by the T-Rex* and *In the Velociraptor's Nest*.

The two friends met at Texas A&M University, where they are both students, and found that writing erotica was not just fun, but also profitable.

They decided to write lurid tales of ancient, scaly creatures having their way with women (under pen names, of course) and saw their novel idea take off. Branwen spoke with Metro about her strange success and even offered up a bonus: an amazing, Metro-exclusive, dinosaur sex scene with everyone's favourite pop star, Miley Cyrus.

How did you get into dinosaur erotica? Is it really just for the money?

I first got into dinosaur erotica because I was burned out on doing dragon, were-creature, and the other kinds of erotica that I was doing at the time.

I so burned out on writing it that I thought about quitting. However, as I was going for a walk one day, I thought

about Jurassic Park. My mind immediately went to my work and I started picturing huge dinosaurs having sex with young women. I died laughing. I thought that writing a dinosaur erotica would be fun and would possibly reignite my passion for writing. So I wrote a dino word porn. The story was fun to write and it rekindled my excitement for writing.

Do I write it just for the money? No. Of course, money is part of the reason I write. Since I am a writer, writing is my job and therefore (money is) part of the reason I write. However, I write dinosaur and fantasy creature erotica because it's unique, funny, fun and it is fresh enough to give me new ideas each time I sit down at the keyboard.

Where do you draw literary inspiration for your prose?

I get a lot of my basic writing structure from, believe it or not, Isaac Asimov. I am very fond of his simple style that is very clear and makes it easy for readers to connect to him. When it comes to my sex scenes though, I draw a lot of inspiration from R. A. Salvatore. His combat scenes are what taught me how to write action oriented scenes. Piers Anthony and Robert Heinlein are also big inspirations for my work for various reasons.

How did you get your books noticed in the first place?

I think they got noticed at the level they have been noticed because someone



Apparently there's a whole market of people willing to pay to read about buxom women being taken by T-Rex. iSTOCK

made fun of my art covers and story titles on their blog. Other people made fun of my work on their own blogs. Jezebel saw the stories and did a piece on it, as did the Daily Mail. Then my book titles spread like wildfire. Now they are all over the place.

How do you two divide your work?

Christie and I both write together. Basically I write until I get tired, and then Christie takes over. Together we are able to do about 5,000

to 9,000 words per day on working days.

Who are your readers?

If you want a breakdown of our fans, it's about 60 per cent men and 40 per cent women. Most of our readers seem to be between the ages of 24 to 60, with most of our readers being in the 30 to 40 age range.

Do they seriously fantasize about dinosaurs or is there some sort of irony on their part, too?

I think they do seriously

fantasize about dinosaurs, dragons, minotaurs, centaurs or whatever the story is about. However, some readers buy the stories just because they think they are funny or crazy. It doesn't matter to Christie or me why our readers buy them, just as long as they derive some kind of enjoyment out of them.

Do your friends know you write this stuff?

Yes, and they all think it is either cool or hilarious.

TAKEN BY THE T-REX



More online

As a wild card question, we asked the authors of *Taken by the T-Rex* to give us a sample on how they'd write up a sex scene between Miley Cyrus and a velociraptor. The results? Visit metronews.ca to read their twerking tale.



Who illustrates your covers?

A good friend illustrates our covers.

Do you think you'll get sick of dinosaurs at some point?

Christie and I have actually started talking about when we are going to retire and go into things that are not porn related. However, we plan to write monster erotica for the next couple of years. We are still having fun with it. I, personally, am going to keep writing it until it's not fun anymore.

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A novel need: 'I suppose if I gave up writing, I'd give up life'

A life well-read.

Prolific penman Wilbur Smith dishes on getting shot, finding love and writing for 50 years

ANDREA PARK
Metro World News

Bestselling author Wilbur Smith started his adventures at a young age. He was just 13 years old when he shot three lions in self-defense. "It was me or them," Smith told Metro. The young Smith was home alone on his father's ranch in Northern Rhodesia, now known as Zambia, when he heard lions attacking his father's cattle outside.

"I knew if I let them get away with it, my father wouldn't let me get away with it," he said. When he stepped out with his father's rifle to shoo them off, the lions charged at him, one after another, and he was forced to shoot.

Smith, visiting New York from his home in London, recalled the memory over tea at a Midtown café. He was in New York to promote his latest novel, *Vicious Circle*.

His wife, Mokhiniso "Niso"

The lone writer

Though Smith's \$23 million, six-book deal with HarperCollins states that he can use co-authors, he said he wants to continue writing his books himself for as long as possible. He also said he plans to live to 100 years old, and after four marriages and 50 years of writing books, he has more than enough material to inspire his writing until then.



Readers return to Wilbur Smith's books for their high-octane pace and detailed descriptions of exotic locations. GETTY IMAGES

Smith, interjected, "I have a photo of you with the lions." Her husband frowned for a moment and then said, "Oh, no, that was another time. I was only six then." Niso threw up her hands and shrugged: "I can't keep track."

Smith continued, "We were camping and the lions attacked a man sleeping outside our tents. My father jumped out in only his pajama top, no trousers, gun in hand — that's an image I'll never forget." He laughed.

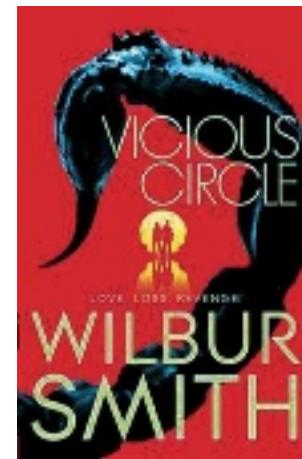
But Smith has conquered much more than lions: Today, he is one of the top 20 selling authors with 122 million book sales under his belt. Smith's books top the charts at num-

ber one in the U.K., Italy, South Africa, Australia and New Zealand and his last three books were on the New York Times Best Seller list.

At the age of 80, he's still not exactly a household name in the U.S., but he plans to change that soon: Smith signed a \$23 million, six-book deal with HarperCollins in 2012 and said he won't be retiring anytime soon. "Writing

Out of Africa

Smith's new book *Vicious Circle* hits stores in the U.S. on Oct. 8 and it chronicles protagonist Hector Cross' fight to avenge his wife's murder; Cross, like Smith, also grew up on a ranch in Africa. Smith lived on his father's ranch in Northern Rhodesia until he left for boarding school in South Africa. Until then, Smith grew up with the village boys and learned how to speak their language and hunt. He would bike down to the village after breakfast and do "awful things" with the other boys: They stole birds eggs from nests, caught fish in the river and grabbed wild honey from the trees. "We would get stung to pieces," he



said.

When he left for boarding school, he found himself bound by rules and rigid schedules, but he discovered his love for writing.

"The only thing I excelled at

in school was English language and essay writing," said Smith.

"I told my father I wanted to be a journalist and he said, 'You'll starve to death: Get a real job.'" Smith worked as an accountant but still wrote on the side; he wrote his first book at the age of 28 and unsuccessfully tried to publish it. But at 30, he published *When the Lion Feeds*, which was met with huge commercial success, and he hasn't looked back since that moment.

"Writing has brought me a great life," he smiled. Smith owns three homes: one in Cape Town, one in London and one in Switzerland. He spoke wistfully of the island off the Seychelles he used to own. "It turned out Niso had a coral allergy, so we had to sell the coral island," he laughed. "Well darling, it took you seven years," his wife hit back.



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Interview. Star of the American Horror Story talks about the new season, on screen success and her upcoming book

Screen legend Jessica Lange says the secret to her longevity in Hollywood is simply trusting her instincts.

"As you can tell from looking at my career, there was no plan!" the 64-year-old said with a hearty laugh. "It's never setting out with a goal in mind or project or whatever. It's what kind of captures my imagination in the moment."

Lange's gut feeling recently led her to a new path as a children's book author. It's About a Little Bird follows two young sisters who discover an antique birdcage at their grandmother's farm.

"It felt natural and organic and simple and kind of charmed," Lange said of creating the picture book based on her real-life experiences and featuring photographs she took and tinted by hand.

In a recent interview the two-time Academy Award winner discussed the book and the new season of her not-so-kid-friendly FX series American Horror Story: Coven, which premiered last night.



Actress Jessica Lange has written a new book. GETTY IMAGES

Last question

What does success mean to you at this point in your career?

- Quote.** Box office success has never meant anything. I've never been so-called "box office." I mean I couldn't get a film made if

I paid for it myself. So I'm not "box office" and never have been and that's never entered into my kind of mind set here. ... It is the kind of acknowledgment by other actors, really. That's really what is most meaningful.

How did you go about writing It's About a Little Bird?

I didn't do it in that kind of deliberate way. It wasn't something that I had determined to do. It started really because I'm a photographer and I shoot black-and-white film. So that's kind of how it started, working on some of my own black-and-white imagery and hand-tinting them. ... And then one morning I woke up, I was up at my farm at upstate New York and I woke up and this story just kind of came to me.

Do your granddaughters get to see much of your work?

Well, obviously there's a lot they can't see, you know. I don't want them to see Frances or to see, you know, Blue Sky. There's a lot that they'll see when they get older. ... I remember years ago when I won the Emmy for Grey Gardens, which they hadn't seen, but they had seen a picture of me as like Edith Beale, which I'm sure was very confusing.

But my daughter, in the morning when they woke up, showed them a little clip of me winning the Emmy and my speech and she told me later that day that my

youngest granddaughter went to school and they asked if anybody had anything to share and she stood up and she said "my grandmother won a big prize!"

How did Ryan Murphy get you on board for three seasons of American Horror Story?

He called me up out of the blue — I had never met him — and started talking. And I just thought "wow, he's got quite a spiel here. This is really something." I haven't been kind of seduced like this in a long time. And you know he has a kind of uncanny intelligence about this, a talent, genius in a way and it became something really fascinating. ... He keeps kind of dangling that carrot out there. It's hard to say no.

What can you tell us about your new Coven character Fiona Goode?

It's a woman who has ... all the powers in the world, and again I think it's a metaphor for a lot of different things, and who misuses it for the most selfish, self-serving purposes.

THE ASSOCIATED PRESS

Telling her own American stories

Writer can't get enough of the star-cross'd lovers

Romeo and Juliet.

Julian Fellowes says he's fascinated by young, pure love — the kind that takes over your life

**NED
EHRBAR**

Metro World News in Hollywood

Between what he's put the couples through on Downton Abbey and now taking on Romeo and Juliet, you'd be forgiven for assuming writer Julian Fellowes is more than a little obsessed with doomed, tragic love. And he'd admit you're onto something — but it's not his fault, he swears.

"This whole business of love ending in death, I grew up on it," he says.

"I mean, you remember those songs — Tell Laura I Love Her and Leader of the Pack and Terry — they were all ending up with the guy dying on the motor-bike or being smashed in the car race or whatever. And that was really my adolescent culture. So in a way I got there before Twilight."

But early exposure to pop music aside, Fellowes insists he's just giving audiences what they really, really want.

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing — perhaps because it's a sort of ideal that most of us don't live up to," he says of the enduring appeal of Shakespeare's romantic tragedy.

"There is a moment in some incredibly unhappy pursuit where most of us think, 'Oh, the hell with it' and then we just go home. But what we love about these lovers is that they don't think that."

"They go all the way and in the end they would rather die than be apart. It somehow chimes with the memory of first love and



Romeo and Juliet opens Friday. CONTRIBUTED

early love, which we've all been through."

And when he says "we all," he's including himself in that equation.

"These stories — and Romeo more than any other — take us back into that emotion," he says.

"And I suppose I respond to that as much as anyone else does, really. Odd as it may seem looking at this porky old fellow, bald and fat, once inside there was a lover."

That does leave one nagging question, though: With so many previous adaptations of the Bard's love story — and especially with Franco Zeffirelli's definitive 1968 edition and Baz Luhrmann's more experimental 1996 entry — why does the world need yet another?

"There are certain stories that won't die, and they just continually get reinvented," Fellowes explains.

"Sometimes (Romeo and Juliet has) been turned into modern musicals about the

back streets of New York or it's been made modern and set in an ice rink or it's in an underground garage or everyone's in Nazi uniforms.

"But the point is we keep going back to it. And I think the reason we go back to it is that it touches something at our very core."

"And that's why it seemed right to give this generation their own Romeo and Juliet and not constantly get out a fuzzy VHS of Zeffirelli's."

Wherfore art thou Romeo?

"There is something about the ultimate sacrifice to preserve your love, which is completely pure and takes over your life, that we all find very appealing..."

Julian Fellowes on the enduring appeal of Romeo and Juliet

I ran for the late-night ghost stories I'll tell my kids around the campfire.

I ran for the look in my mom's eyes when I tell her she's going to be a grandma.

Thank you for all the future

moments
you've helped create.

I ran for the Sunday crosswords my mother and I will finish together. In pen.

I ran for the hand-picked roses I'll give my wife on our 50th anniversary.

I ran for the ladybugs I'll chase with my kids.

I ran for the joyful day my daughter's daughter will be born.

Thank you to everyone who participated, donated, volunteered and cheered at this year's Canadian Breast Cancer Foundation CIBC Run for the Cure. For over 20 years we've been running for a future without breast cancer, and today we're another step closer.

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FOR WHAT
MATTERS.



Machete Kills — starring Carlos Estevez (a.k.a Charlie Sheen) as "the President" — opens Friday. CONTRIBUTED

And Charlie Sheen as the president of the United States

Machete Kills.

Actor claims he beat Sarah Palin in the polls and that he's a lot more entertaining than his dad's West Wing president



NED EHRBAR

Metro World News in Hollywood

Charlie Sheen gives a very unique take on the President of the United States in *Machete Kills*, a version really only he could do. But how does his Commander-in-Chief — dubbed simply "the President" — stack up against his dad Martin Sheen's West Wing character, President Bartlett?

"I am the more interesting president, yeah," the

younger Sheen offers. "I will have your vote after (you see) the movie."

While he freely cops to the fact that his dad has him beat in the gravitas department, Sheen has a few tricks up his sleeve.

"I wouldn't have all the data, all the facts that he does about world history and all that crap, but I understand the human condition, you know?" Sheen says.

"There was a time during that crazy tour when I had Palin beat by a couple of points in a legitimate poll and it was only two behind Barry Soetoro — I am sorry Barack Obama."

So what is it about Sheen's stint as leader of the free world that makes it so much more interesting than seven seasons of Aaron Sorkin-scripted dialogue?

"In one day in the Oval Of-

fice I slept with three women, pulled out a machine gun, drank, smoked and swore," he offers.

"In seven years Dad didn't do any of that, you know?"

But don't go looking for Sheen's name in the credits of *Machete Kills*, since he goes by his birth name of Carlos Estevez for the film. The reason for that, it turns out, is that he wanted to get the coveted final credit slot with "and Charlie Sheen as the President" during the opening credits.

"But that was already given to Mel Gibson and I

thought, 'He's got a couple of Oscars, he wins,'" Sheen explains.

"Plus I like Mel a lot. He is a terrific guy when he isn't drinking and driving — sorry, Mel."

Luckily, another solution presented itself.

"Since it's a Robert Rodriguez film, let's go with this whole Latin thing and that's where we went: 'and introducing Carlos Estevez as the President,'" he says.

"Of course the media is like, 'He changed his name, oh my God!' It's always something."

A job well done?

"In one day in the Oval Office I slept with three women, pulled out a machine gun, drank, smoked and swore. In seven years Dad didn't do any of that, you know?"

Charlie Sheen comparing his role as president of the United States in *Machete Kills* to his father Martin Sheen's turn as prez in the West Wing.

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Meet N.Y.'s new Lord and his mob

New album. The next up the ramp from the A\$AP crew, Ferg's story takes on familiar themes of hood life, drugs and violence

RICHARD PECKETT
Metro World News

A\$AP Ferg, like many in hip hop before him, is prone to those bouts of dreamy hyperbole that sounds more preacher than rapper.

"I think about the art and what the world needs. I want to be a healer with my art at the end of the day," he declares.

Sublime absurdity aside, Ferg (signed to Sony RCA / Polo Records), although not as famous as his fellow A\$AP, Harlem-based mob-member Rocky, is a gritty and talented lyricist.

Just have a listen to his track Cocaine Castles from his debut album Trap Lord. The rapper — real name

Darold Ferguson — chats about drugs, violence, girls and the hustle.

You talk about being the Trap Lord, so what's your best and biggest hustle to-date?

My biggest and greatest hustle is rap music. It got me where I am today and it opened more doors for me to make money and experience other avenues like fashion. I just love art and I'm an all-round artist.

You rap about drugs and violence in your music. What have been your experiences of the Harlem drug culture?

My block is one of the highest raided places in Harlem, New York. It's known for crack-cocaine.

That's where Richard Porter and Alberto "Alpo" Martinez and all of those big drug pushers would come and hustle.

I grew up in a rough environment. I grew up seeing a lot of flashy things — I've seen people get murdered

New album

Finally, what can we expect from the A\$AP Mob album that drops on Tuesday?

- **Quote.** "The Mob album is going to be historical and it's going to be better than my album and Rocky's album."

in front of my eyes and attempted armed robberies. I've seen a lot.

Could you ever be independent from the A\$AP Mob or do you need the support of the other members?

The support comes in handy, you know what I'm saying?

The fact that we have a team and a family behind us makes us much bigger. When a solo artist's flame burns out you don't have that support; you don't have anyone to step up that's from your team and keep your name alive.

When my flame burns out

I become cold a little bit and (A\$AP) Nast, (A\$AP) Twelv or Rocky could pick up the torch and keep it moving like that and by the time they've burnt out, I can come back.

That's the blessing of having a team.

Rocky mentioned that there's a competitive environment amongst the A\$AP mob. Is Rocky worried that you're going to topple him as the King of New York?

Well, I think we run New York, honestly, there's not one King.

I never looked at Rocky as King of New York. Nast calls himself the New York Nasty. I mean, like, it's to be proven; it's still too early in the game and we haven't got our feet wet yet.

Do you tend to rap about your past? Is it autobiographical?

No, not at all. Stuff I'm going through like (you see in) Shabba, that's my everyday life.



A\$AP Ferg is telling a familiar story of the trap life but with his own spin on his experiences. CONTRIBUTED

James Wolk is a Lone Star no longer

New show. Mad Men's James Wolk holds his own with Robin Williams, Sarah Michelle Gellar on CBS' The Crazy Ones



James Wolk. GETTY IMAGES

A funny thing happened during season six of Mad Men.

Conspiracy theories began popping up online about actor James Wolk's extremely agreeable character Bob Benson. Some wondered, was he Don Draper's long, lost, secret son? Surely he must be hiding something! He was just so helpful and perfect-looking.

Before Mad Men, however, Wolk caught the attention of TV journalists in 2010 as the star of the buzzy Fox drama Lone Star about a Texas con man living a double life. It was hyped as one of the best new shows that season but was cancelled after two low-rated episodes.

"(It was a) crazy experi-

ence when that happened," said Wolk in an interview at this year's Television Critics Association summer press tour.

He has since continued working steadily in TV on series like Mad Men, Political Animals and Happy Endings.

Now the 28-year-old Farmington Hills, Mich., native is holding his own with Robin Williams and Sarah Michelle Gellar on City's comedy The Crazy Ones, airing Thursdays

On The Crazy Ones, Williams plays an advertising executive working with his daughter, played by Gellar. Wolk plays Zach, one of the ad execs at the firm who the actor describes as "kind of a lothario" and someone who is an "adrenaline junkie" who "loves to pitch."

In the premiere episode, Williams and Wolk's characters try to persuade Kelly Clarkson to sing a jingle for McDonald's. The scene has Robin Williams aamped to his zany self, but what stands out is that Wolk is right there with him.

"First of all, James Wolk is a star," Gellar says of working with Wolk. "Like I said to Robin, 'It's great that you're Robin Williams and you're great and you're funny, but Jimmy Wolk is stealing this entire show from you. Like, watch out.'" THE ASSOCIATED PRESS

SHARE FOOD IDEAS AT UNDERGROUND CHEF'S MARKET

Ottawa's foodie scene has a new and exciting event — the Ottawa Underground Chef's Market. The concept is relatively simple — 20 to 25 independent chefs and talented home cooks gather in a downtown venue for an evening to showcase and sell their latest culinary creation. Attendees pay a \$10 fee to enter a soirée of new tastes.

Based on a similar event that originated in San Francisco and has run regularly for several years in Toronto, the Ottawa Underground Chef's Market is the work of Roy Abourjeili, owner of Privé Food Thought, a new business devoted to developing and producing food-based events. Privé seeks to set forth a new brand of culinary entertainment.

"In this day and age, it's almost impossible for independent food entrepreneurs to break into the mar-



CONTRIBUTED

ket," Abourjeili says. "The market is dominated by national and international chains that have large budgets for promotion and advertising. We're creating a platform for creative chefs and home cooks to connect with people who love good food."

The first event is set for Nov. 30 at the Ottawa Convention Centre. For more, visit privéfoodthought.ca, or follow them on Facebook and Twitter.

"If you're a chef or a home-based cook with a delicious recipe that you'd like people to sample, apply to be a vendor and expose your food," Abourjeili says. "It's a great way to connect foodies with food in a fun, relaxed atmosphere."

PRIVÉ FOOD THOUGHT

METRO CUSTOM PUBLISHING



Sinead O'Connor. ALL PHOTOS GETTY IMAGES

Sinead writes another letter, now the Wrecking Ball's in Miley's court

After Sinead O'Connor's third open letter to Miley Cyrus, the Wrecking Ball singer dismissed the Irish entertainer with, "You can write as many open letters as you want."

Well, be careful what you wish for. O'Connor has released her fourth open letter to Cyrus.

"You've said on Matt Lauer's show — where you again refer to me as 'crazy' — that you don't understand why I have been upset with you. I find that hard to understand, frankly, since

you're clearly very far from being a stupid woman," O'Connor writes.

"I would very much like you please to apologize to myself and Amanda Bynes for having perpetuated abuse of both of us. ... I'd find it hard to believe someone so young could be that calculatively evil to anyone, never mind someone who did absolutely nothing to deserve such abuse. I have no interest in the 'feud' which media want."

I guess the Wrecking Ball's in your court, Miley.

Swift and Mayer in same place at same time, world doesn't explode

It really is a small world after all. Taylor Swift risked a run-in with ex-boyfriend John Mayer recently when she visited Disney Land with some pals, since Mayer happened to be at the amusement park the same day with Katy Perry, according to E! News.

Luckily the two groups didn't cross paths while in the Magic Kingdom.



Taylor Swift

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Wait, so Bow Wow doesn't want to marry me?

THE WORD

Melinda Taub
scene@metronews.ca

The American economy has gone to crap. Their government can't function. Global warming is going to destroy us all.

But look on the bright side. At least we live in an era when catfishing exists.

I realize that is a terribly callous thing to say. Being catfished no doubt feels awful. I don't care. This makes me really happy.

So here's the deal. On this week's Catfish, an astute young woman named Keyonnah began an online relationship with rapper

Bow Wow. He refused to video chat with her, but they exchanged text messages and he sent her \$10,000 in gifts. But — shocker — the man who refused to meet her in person was actually not a famous rapper, but a woman named Dee who liked to lure straight chicks using Bow Wow's likeness because she "liked a challenge."

The best part of this, however, is that Bow Wow himself is super into it.

"I feel honoured," he said in a reaction video posted by his BET show 106 & Park. "It's dope and it's fly when someone wants to be you. And not only they wanna be you, in their mind they are you. That's crazy. But I like it. It's free promo for myself."

Bow Wow went on to invite both Dee and Keyonnah to come hang out with him, which is probably a much happier ending than catfishings usually have.



His wand is out again — you're right Daniel, these headlines are easy

Daniel Radcliffe is not surprised about the reaction his steamy same-sex love scene in Kill Your Darlings is getting.

"It's quite an easy headline, I guess particularly for British papers. There's a lot of jokes to be made," he tells Katie Couric in an interview. But he does think it's a bit

out of proportion considering his previous work.

"There was full-frontal nudity" in the stage production of Equus, he points out, "and I played a boy who had a sort of sexual-religious fascination with a horse. So the fact that this is getting more attention, it's kind of interesting."



Owen Wilson

Wilson to father his trainer's baby

Owen Wilson is reportedly becoming a father for the second time — but this time with his personal trainer, who recently filed for divorce, according to the National Enquirer.

Trainer Caroline Lindqvist has reportedly been separated from her husband, plastic surgeon Ritu Chopra, for more than a year but did not

file for divorce until learning she was carrying Wilson's child.

"Caroline broke the news to Owen this past May shortly after confirming that he was the father," a source says. "A few days later she filed for divorce from her husband."

The baby is said to be due in January.

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THE DOUBLE DOUBLE EVENT

SHOPPERS DRUG MART

Lost outside the fashion loop?

Let's give you something to talk about. From leaked looks to high-profile hissy fits, we've got you covered for behind-the-catwalk conversation starters

ALICE TATE
Metro World News

The shows, the parties, the running in heels — we know fashion month is a crazy one. If you're anything like us, you're now a good few weeks behind on industry gossip, mile deep in emails, and are quickly losing your rep as the most clued in employee on your floor, right?

Saving you the trouble of calling in a backlog of glossies, or trawling Google for days, we've rounded up the biggest, buzziest news blasts you might have missed over the month that was, for you to scroll, study, and slip flawlessly into conversation. There, reputation saved. (We just can't do anything for your social life.)

Sept. 6 Alexa Chung launches her book, *It*

Our favourite clothes horse and It-girl released her first book, aptly titled, *It*. A new day, a new line on the CV, right Alexa?

Sept. 10 Givenchy launches app

The Italian luxury label is getting down with the kids and going all techy on us. Givenchy unveiled their new app, which gives us all a deeper insight into the brand, its values, and ahem, its stellar e-commerce abilities.

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.



At #nuitblanche #snbto feeling the artsy groove! @inspirednight Bay+Adelaide



Rihanna's second collection for River Island has shone bright like a diamond since Sept. 12. CONTRIBUTED



Kanye's ignited a feud with everyone else. Why not include the fashion industry? CONTRIBUTED



A handful of style editors got to know each other a little better after getting stuck in an elevator post-Philosophy show. CONTRIBUTED

Sept. 11 Editors had to climb out of an elevator after the Philosophy show

First they ran to get to the show on time, and then 50 intrepid editors had to climb out of the elevator after it got stuck between floors. Who knew New York Fashion Week was such a workout?

Sept. 12 Rihanna's second collection for River Island dropped

The singer, who can't help but make news, made more during New York Fashion Week. Her second collection for River Island dropped. Celebrating in true RiRi style, the singer hosted a bash with party pal Cara Delevingne in tow.

Sept. 18 Net-A-Porter launch ethical collection

The luxury retailer's Green

Carpet Challenge gave your favourite British designers (Burberry, Christopher Kane, Victoria Beckham, and so on) the task of creating a "green" dress, of which profits were donated to The Global Fund to help fight malaria. For us, it means we can buy designer wares and be kind to the world. Thanks, Net-A-Porter.

Sept. 19 Kate Moss says yes to Playboy

After years of "will she or won't she" speculation, the final decision is ... she will. Yup, Mrs. Moss will grace the cover of the iconic men's magazine for her 40th birthday, and the magazine's 60th anniversary. Some get presents, others get nude.

Sept. 25 Kanye West shouted off about fashion

Controversy and Kanye go hand in hand. During Paris



It's been a long time coming, but Kate's finally ready to strike a Playboy pose. CONTRIBUTED

Fashion Week, the rapper took to the Radio 1 airwaves to voice his frustrations with fashion, specifically Hedi Slimane. And he didn't hold back.

Sept. 25 Isabel Marant X H&M look-book leaked

Great news for us, bad news for H&M. A sneaky mole leaked the much-anticipated Isabel Marant X H&M lookbook, giving us a tease of what we can expect when it hits shelves on Nov. 14. As anticipated, there's fringing, skinny jeans and oversized slouchy cardigans.

Sept. 25 Sofia Coppola decorated the windows at Bon Marché

In case you needed an excuse to love Sofia Coppola even more, here's one: she jazzed up the windows of Parisian department store, Bon Marché with oodles of Louis Vuitton. Did she do a good job? We'll let the adorable Bambi leaping through neon love hearts holding a mini LV speak for itself.

Sept. 26 Louis Vuitton tapped David Bowie for coming campaign

Ziggy Stardust fans, get excited. The luxury French brand tapped the iconic '80s star for their second instalment of the L'Invitation au Voyage campaign.

Canadian street style

Spotted in: Toronto

Laura Photographer

What she's wearing

Tights, scarf and yellow knee highs from Free People, Zara sweater, purse from Little Burgundy, Sugababe black dress, and Expression boots from Hudson Bay.

Her inspiration

"Nature. My surroundings affect my style... my wardrobe mostly consists of earth tones."

THE KIT IS A MULTI-PLATFORM BEAUTY AND FASHION BRAND WHICH INCLUDES AN INTERACTIVE MAGAZINE AND DYNAMIC APP, A WEBSITE, KIT CHAT – AN E-NEWSLETTER PROGRAM – AND A WEEKLY NEWSPAPER SECTION TOO!



There is no hiding from camouflage

Green, muddy and stylish all over.

This military-style print is now offered in everything from ballet flats to toddler clothes

The print that at one time was only a tool for military troops to go unnoticed has become a front-and-centre look in fashion. Camouflage has been adapted in luxe fur, sequin sweaters, athletic wear and casual kicks. It's for girls and boys, women and men.

"The irony is that camo is anything but camouflaged right now," says Zanna Roberts Rassi, Marie Claire's senior fashion editor.

She points to recent examples where the runway has led to the trenches, in-

cluding the oversized version on Michael Kors' fur jackets, on Christopher Kane cocktail dresses and Valentino shoes.

"It comes from the military, but it's being made now for a night on the town," she says.

Some versions have maintained more utilitarian roots, including vests and parkas at J. Crew and jeggings at Aeropostale. For spring, North Face has camo-inspired work-out gear.

"Camo is peaking," according to Emilia Fabricant, Aeropostale's executive vice-president of design, merchandising and production.

"It's hitting everything, from sweaters to outerwear. It's so graphic. It's edgy but it's also completely neutral."

That's the beauty of this print: it dresses up and it dresses down. It is as urban or as country as you want to make it.

THE ASSOCIATED PRESS



In the army now



Aeropostale camouflage backpack



Piperlime camouflage cropped military jacket



Piperlime camouflage sweater



Mini Boden children's shaggy camouflage hoodie

SPA JUNKIE & The Art of STRAIGHT TALK

STUDENT RATE 101

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Two generations of Girls speak style

Delightfully different wardrobes. Personal shopping guru Halbreich, 85, and Girls creator Dunham, 27, dish over fashion



Lena Dunham DAN STEINBERG/INVISION/ THE ASSOCIATED PRESS

ated by fashion writer Judith Thurman.

Jeans

Betty: "I have to tell you, I've never worn a pair of blue jeans in my life. I've tried them on. Behind closed doors. They're very uncomfortable!"

Lena: "True. You need jeggings. Like these. Highly stretchable."

Eye shadow

Betty: "I told you, that blue eye shadow at the Emmys made your eyes tear."

Lena: "I know. The Emmys weren't my finest hour."

Backsides

Betty: "You realize that most people have never seen the back of themselves. They've never used a double mirror."

Lena: "Maybe they don't want to know."

THE ASSOCIATED PRESS

Opposites may attract, but still, at first blush, it's a little hard to imagine what would unite Betty Halbreich, the no-nonsense Bergdorf's doyenne who's been catering to her well-heeled clientele for nearly four decades, and HBO's Girls star and creator Lena Dunham, whose oft-scrutinized fashion choices — or, choices to wear little of anything at all on her show — seem as far from Halbreich's world as conceivably possible.

But in a potentially delicious convergence of two radically different orbits, Dunham and Halbreich, 58 years her senior, are coming together for a project based

on Halbreich's life. Dunham and co-writer Jenni Konner (also of Girls) are slated to write a comedy series, currently in development at HBO.

Whenever that might happen, it's a proposition that raises lots of tantalizing style questions, as was clearly demonstrated at Sunday's brunch at Bergdorf's BG restaurant, an event put on by the New Yorker Festival and moder-

Fusilli or rotini? Shrimp and clams or halibut? Choose your ingredients



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)



ROSE REISMAN
For more, visit
rosereisman.com or
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This hearty seafood sauce is perfect during the cooler months.

Fennel is outstanding in this dish. If it is unavailable, use 1/4 cup licorice liqueur or 1 tbsp fennel seeds. If the licorice taste is not desired, omit fennel and add 1 cup chopped leeks or onions.

Any combination of seafood can be substituted to make up the total amount.

Firm white fish fillets, such as halibut, snapper or haddock, can be substituted for seafood.

1. Cook the chopped fennel in boiling water for about 8 minutes, or just until barely tender. Drain and set aside.

2. Cook pasta of your choice in boiling water ac-

cording to package instructions or until firm to the bite. Drain and place in serving bowl.

3. In a large nonstick saucepan, heat the vegetable oil; sauté garlic, red onions, green peppers and fennel for 5 minutes. Add sliced mushrooms and cook for 5 minutes or just until mushrooms are no longer wet. Add crushed tomatoes,

stock, black olives, tomato paste, basil, oregano, bay leaf and cayenne. Simmer on medium-low heat for 15 minutes, stirring occasionally.

4. Add seafood. Cover and simmer for 3 minutes, or until mussels are open and seafood just cooked. Pour over pasta. **ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN**

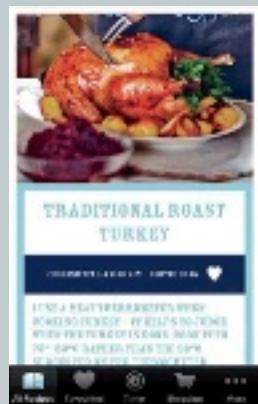
Ingredients

- 1 cup chopped fennel
- 12 oz fusilli or rotini
- 2 tsp vegetable oil
- 2 tsp crushed garlic
- 1 cup chopped red onions
- 1 cup chopped sweet green peppers
- 1 cup sliced mushrooms
- 2 cans (19 oz each) crushed tomatoes
- 1/2 cup fish or chicken stock
- 1/3 cup sliced black olives
- 1 tbsp tomato paste
- 2 tsp dried basil
- 1 tsp dried oregano
- 1 bay leaf
- Pinch cayenne
- 8 oz fresh mussels or clams
- 8 oz shrimp, peeled and deveined
- 8 oz squid, cleaned and sliced



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

For Thanksgiving or Christmas, this is your guide to making a traditional turkey spread with old-fashioned stuffing, sides and sauces. There's cranberry confit, five-nut roasts and custard trifles for everyone.



Just can't say goodbye to your grill? This one's for you

Before the temperatures start to drop and those fall chills make their way across the country, put your barbecue to good use while you still can.

This Grilled Halibut, Asparagus and Chorizo with Arugula Pasta Sauce makes for a sophisticated presentation but is deceptively easy to make.

Ingredients

- 2 pieces skinless boneless halibut (about 300 g total), cut 1 1/2-inches (4 cm) thick
- 3 oz (90 g) spicy cured chorizo sausage, cut diagonally in six 1/4-inch (5 mm) thick slices
- 10 thick asparagus spears, trimmed
- 4 tsp (20 ml) olive oil
- 1 tsp (5 ml) grated lemon rind
- 2 tbsp (25 ml) chopped fresh basil
- 1/4 tsp (1 ml) kosher salt
- 1/4 tsp (1 ml) cracked black pepper
- 1/2 cup (125 ml) PC Black Label Arugula Pasta Sauce



This recipe serves two. PRESIDENT'S CHOICE

1. Preheat your barbecue to medium-high heat.

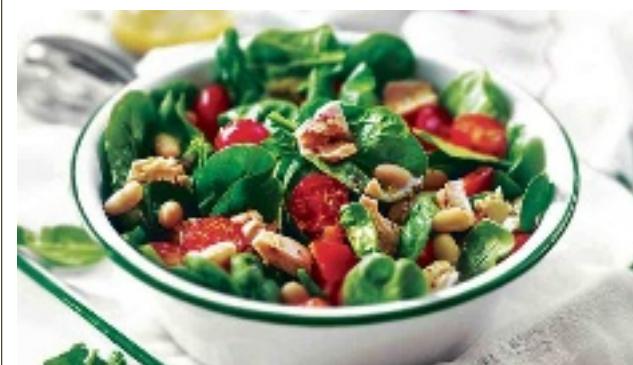
2. In large bowl, gently toss together halibut, chorizo, asparagus, olive oil, lemon rind, basil, salt and pepper until combined. Pour pasta sauce into small saucepan; set aside.

3. Arrange halibut, chorizo and asparagus on grill, keeping each ingredient together. Cook chorizo and asparagus for 5 to 6 minutes, turning every minute, or until tender and slightly charred. Cook halibut for 6 to 8 minutes, turning once halfway, or until just cooked through.

4. Meanwhile, place saucepan with pasta sauce on stovetop over medium heat. Cook, stirring occasionally, for about 5 minutes or until heated through.

5. Spoon sauce into centre of two dinner plates. Arrange halibut, chorizo and asparagus over top. **PRESIDENT'S CHOICE**

Lunch. Baby Spinach, Tuna & White Bean Salad



Tender baby spinach is a source of iron, and makes a great base for this main course tuna-bean salad.

1. In large bowl, toss together spinach, tomatoes, red peppers, kidney beans, tuna, 1/4 tsp (1 ml) of the salt, and

pepper.

2. In small bowl, whisk together vinegar and mustard; whisk in olive oil and remaining 1/4 tsp (1 ml) salt. Pour over tuna mixture; toss to coat.

PRESIDENT'S CHOICE

Ingredients

- 1 tub (142 g) PC Organics Baby Spinach
- 1 cup (250 ml) cherry tomatoes, halved
- 1 cup (250 ml) diced sweet red peppers
- 1 can (540 ml) white kidney beans, rinsed and drained
- 1 can (120 g) PC Solid White
- Tuna in Water, drained and flaked
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tbsp (25 ml) red wine vinegar
- 2 tsp (10 ml) Dijon mustard
- 1/4 cup (50 ml) olive oil

Tuna in Water, drained and flaked

PUSHING THE SECURITY ENVELOPE

PEOPLE, TECHNOLOGY ARE KEYS TO PUBLIC SAFETY AND SECURITY

A recent string of disasters — the floods in Alberta, the derailment and explosion in Lac-Mégantic and the deadly bus-train crash in Ottawa — focus increased attention on public safety, emergency management and security.

"The fact is that we can never be completely immune to tragedy, acts of terrorism and natural disasters, but effective planning and leveraging new technologies can help mitigate the negative effects when terrible events happen," says Tim Page, president of the Canadian Association of Defence and Security Industries (CADSI).

Page believes that industry can play a major role in assisting the government and emergency responders to build increasingly resilient networks and communities — improving our capacity to gauge potential risks, and identify and share relevant, current and accurate information effectively.

"Organizations and individuals are more and more specialized including in security- and defence-related disciplines,"



CONTRIBUTED

Page says. "While this strengthens our overall security capacity, it also significantly increases the need for co-operation and communication. Bringing these vari-

ous communities together to discuss common threats and challenges — along with potential solutions — is what SecureTech is designed to foster."

SecureTech 2013 is a two-day showcase at the Ottawa Convention Centre Oct. 29-30 devoted to public safety, emergency management and security. The event is organized by CADSI, an organization that represents more than 975 companies in Canada's defence and security sector. Conference sessions will feature more than 20 leading experts from the public and private sectors and will focus on the latest strategies, best practices and policy insights. Emergency responders will engage in discussion on issues, challenges and technology requirements. And dozens of companies will showcase new technologies and products in the Convention Centre's massive exhibition space.

"CADSI is committed to supporting our emergency responders to improve public safety, emergency management and security of Canadians," Page says. "Detecting and preventing events where possible, and responding swiftly and effectively should they occur, depends entirely on how well we prepare, collaborate and innovate."

SecureTech 2013 will attract delegates representing industry and all levels of government from Canada, as well as countries that share many of the same security-related challenges.

For more information about the showcase, visit securetechcanada.ca/.

COLLABORATION BECOMES MORE IMPORTANT

Excerpts from an exclusive interview with Tim Page, president of the Canadian Association of Defence and Security Industries (CADSI).

HOW DO WE IMPROVE INFORMATION-SHARING?

Through collaboration and innovation.

Practitioners in the field recognize that the number of organizations implicated in public safety and security continues to grow, and it's crucial that they share information effectively. Consider the terrible tragedy at Lac-Mégantic, for instance. That involved not only firefighters and paramedics, but also a railroad company, Canada's transportation safety board, the town and province, even the refinery that provided the fuel loaded into the tankers. Each of these groups has its own role in figuring out exactly what happened and how to keep it from happening again. So doing better depends to a large extent on how well all organ-



CONTRIBUTED

izations with responsibility for safety and security are able to share information on hand.

We need to better appreciate that industry is a valuable partner in finding solutions to the issue of interoperability, which leads to more effective responses

and greater resiliency in our communities, businesses and organizations in the face of a security-related event. Innovation is important. And that's why it's such a focus for this year's SecureTech.

SO THE SECURITY DOMAIN HAS BROADER APPLICATIONS THAN JUST CYBER?

Absolutely. The SecureTech program recognizes this and focuses on four themes — critical infrastructure, emergency management, Canada-U.S. border security, and the economics of community safety. Of course, critical infrastructure protection and cyber resilience are vital because jurisdictions across North America rely more and more on automated systems — linked through the Internet — to control key public infrastructure such as hydroelectrical grids, and water and sewage systems. This makes them vulnerable to attack. We have to stay a step ahead of the hackers.

DEFINITIONS

Defence typically refers to countering threats to the country as a whole, often from an outside source, such as an aggressor nation or terrorist group. Security usually involves minimizing risks posed by a wide range of natural (e.g., floods, storms) and man-made (crashes, power failures, crime) causes.

Each of these fields offers the opportunity to leverage innovative technologies to create safer communities.

NEXUS, the pre-clearance program for people and shipments crossing the Canada-U.S. border, is a good example. The two countries enjoy the largest and most enduring trade relationship in the world. By working together and exploiting innovative technologies, we're doing a pretty good job of managing security risks without unduly impeding the flow of trade and citizens across the border.

THE SUFFERING IS UNNECESSARY

AVOIDABLE BLINDNESS IS A SOLVABLE PROBLEM

Dinner in the dark sounds romantic, but what about a full restaurant meal served and consumed in total blackness?

Vancouver restaurant Dark Table is offering just that experience, along with live music, to mark World Sight Day Thursday. The restaurant is partnering with Seva Canada, an international development organization founded in 1982 to restore sight and prevent blindness in the developing world.

Dinner is served by visually impaired staff while guests will experience what it feels like to be blind for an evening.

"It's a really engaging and entertaining way for our guests to get a sense of what it might be like to be blind while gaining awareness of this global issue," says Penny Lyons, Seva Canada's executive director. "Avoidable blindness is a solvable problem. We have the answers; the suffering is unnecessary."

World Sight Day is held annually on the second Thursday in October. The goal is to raise awareness of blindness and vision impairment in the general public and to push governments around the world to improve national blindness prevention programs. It also aims to promote education about avoiding blindness.

The International Association for the Prevention of Blindness, the U.K. group organizing World Sight Day, wants the public to help spread the word. The association is encouraging people to blindfold important city landmarks to draw attention to World Sight Day.

"The blindfold is a powerful tool to convey the message of losing your sight, and to urge people to get their vision tested," the association says.

Blindness is a major problem in the developing world. Of the 39 million people globally suffering from a total loss of sight, 90 per cent live in poor countries.

The theme for 2013 is Universal Eye Health and urges people to "Get your eyes tested." The goal is to increase access to comprehensive eye care services that become integrated with health-care systems.

— Jon Tattrie



ISTOCK/THINKSTOCK



SERGEY NIVENS/COLOURBOX

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A paint guru's recipe for colour



Sanded kitchen chairs from the Country Style chapter of the book *Colour Recipes for Painted Furniture and More*. ALL PHOTOS COURTESY OF CHRISTOPHER DRAKE

DIY magic. Author Annie Sloan presents projects in decor styles ranging from country and boho chic through modern contemporary

Annie Sloan sees endless possibilities when it comes to using paint, which includes applying colourful strokes to a variety of surfaces — not just the walls.

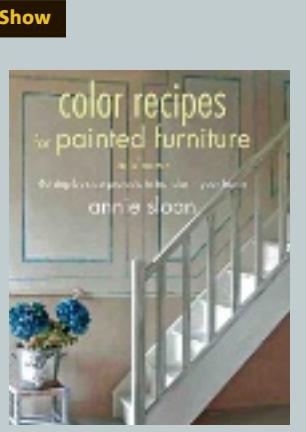
In *Colour Recipes for Painted Furniture and More* (CICO Books), the U.K.-based Sloan brings her expertise in decorative painting to the forefront with 40 step-by-step projects, transforming pieces with an infusion of vibrant hues, some creativity and a little elbow grease.

With more than 40 years spent painting and numerous books on the subject to her credit, Sloan is also well known for creating Chalk Paint, a water-based decorative paint specifically designed for furniture but also applicable for use in paintings, on fabric, walls and floors.

From April to October of last year, Sloan set to work with the help of her team in refurbishing items — most of which were purchased at auctions and junk shops — as part of the renovation of her

Vancouver Home and Design Show

- Author Annie Sloan is scheduled to appear at the Vancouver Home and Design Show on Oct. 19, vancouverhomeanddesignshow.com.
- Her new book, *Colour Recipes for Painted Furniture and More*, is available from chapters.indigo.ca for \$19.76.
- For more on the author, visit anniesloan.com.



family farmhouse in northern France.

While the retreat is decorated predominately in French rustic style, chapters within *Colour Recipes* feature projects that showcase other design influences, including boho chic, country and modern contemporary.

“You could do the rooms in grey and black and white, possibly, with one red piece of furniture,” she said in an interview following her recent appearance at the Fall Home Show in Toronto.

“When you say ‘colourful’ (people think) they’re going to have to paint every room a different colour and every wall a different colour. No, not at all.”

Colour Recipes features several examples of painted pieces as focal points within more muted surroundings.

In a room with white walls, a French Napoleonic bed is drenched in a rich green hue. The ornate laurel leaves and shield on the bed-head are given the gilded treatment with brass leaf.

Sloan goes even bolder with another bed featuring patterns she described as reminiscent of American abstract art in the 1960s. Chevron and circular shapes on the head and foot of the bed are painted in a number of striking shades — accenting the already boldly-hued orange that encompasses the entire piece.

“You don’t go in that room and just go, ‘Oh my God, it’s so bright.’ Because actually, it doesn’t look it,” Sloan said. “The walls are grey. ... Everything is soft. Just this (bed) and one chair and grey curtains as well. It’s quite livable.”

Sloan recommends scouting Pinterest for project inspiration. While individuals shouldn’t “over-complicate themselves” while painting pieces, she suggested choosing to refurbish items that will make a true statement within the home.

“Do something like a cupboard, something that’s going to have to make a difference, and take something that you’ve hated in your house for years — and you’ll be thrilled,” she said. “Something Granny left you or something you bought when you first got married and it was cheap and it’s out of date.”

“The best thing to do is go to garage sales — and people throw out amazing things — and have a go.”

THE CANADIAN PRESS

Painted objects around the home



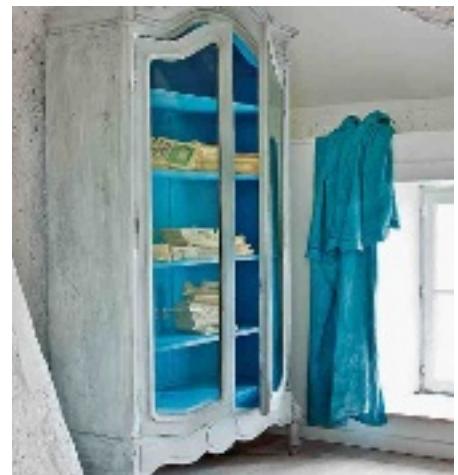
A copper-leaf bath from the Boho Chic chapter of the book *Colour Recipes for Painted Furniture and More*.

A painted and gilded headboard from the Boho Chic chapter of the book.



A chipped-paint cabinet from the French Style chapter.

A distressed armoire from the French Style chapter.



The art of hanging pictures

Wonder walls. Part 3 of a series on living room decor will help you get a handle on framing and hanging artwork



In this four-part series, we're serving up some lessons to help get your living room looking fabulous just in time for upcoming holiday parties. This week we'll cover how to avoid getting hung up on artwork. Knowing the rules will help you create beautiful living room walls.

Hanging

- If you're hanging art over a large piece of furniture such as a sofa or low cabinet, fill a distance two-thirds the width of the furniture with art, and hang the art 10 to 16 inches from the top of the furniture.
- When hanging art on a wall that has no furniture in front of it, the middle of the art should be 66 to 72 inches from the floor.
- The lower you hang your artwork, the higher your ceilings will appear — a great trick in a room with standard eight-foot ceilings.
- Always hang art in relationship to the floor, not the height of your ceilings. Higher ceilings don't mean you hang your artwork higher.

Arranging

- Many little pieces of art can be grouped together to create the effect of a large piece of art.
- When grouping pieces to fill a wall, start by placing the largest

Part 4

Next week: Choosing the right accessories for the living room.

piece in the middle and work outward to the smallest.

- A grouping of art scattered down a hallway can act as lighting if each piece has a picture light hung over it.

Style

- If you're framing a variety of art so it coordinates in a room, use frames with similar colours or tones. Not all the frames have to be the same style, but they should share similar finishes such as gold, dark wood, white and so on.
- Mixing styles of artwork is a nice way to create an eclectic balance. Use the two-thirds-one-third rule — that is, use two-thirds of your preferred style, one-third of an alternative style.
- Not sure what type of art will look nice in your living room? Look at the style of your area rug; if the colours are rich then an oil painting might match nicely. If your area rug has a modern, monochromatic style then black and white photo art will match well.

Cost

- Art is very subjective; an inherited portrait of grandma could be digitally revamped into something Warhol-esque and cost you virtually nothing.
- The best sources for great art on the cheap? Estate sales, art fairs, art school yearly sales and pieces you make yourself.
- A good piece of art should cost twice as much as your sofa — a guideline that will help when budgeting your decor for the living room.

Home cleaning

Back away from that paper towel

When is it a good idea to use paper towel for cleaning?



Many of us seem to think that using the almighty

paper towel on each and every surface in our homes is a good plan. Well, I'm here to tell you that assumption is wrong.

It's not that I'm trying to knock the stuff — my father uses enough of it to single-handedly keep all the manufacturers in business, and yes, I even have some on my own kitchen counter. But there's a time and a place for everything.

So let's start with instances when paper towel should not be used for cleaning. It's rather simple — delicate



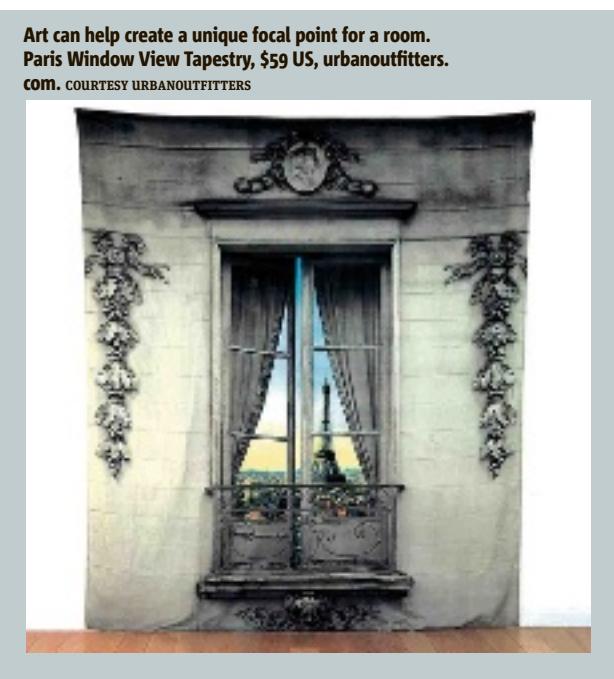
The size of art should measure about two-thirds the width of the furniture it sits above. COURTESY CRATE & BARREL



Many small pieces of art grouped together can be a great alternative to one large piece. COURTESY CRATE & BARREL



Mirrors can not only reflect light and open up a room visually, they can also replace artwork as sculptural wall decor. Constellation Mirror, \$249, UrbanBarn.com.



Art can help create a unique focal point for a room. Paris Window View Tapestry, \$59 US, urbanoutfitters.com. COURTESY URBANOUTFITTERS



Paper towel may be a modern convenience, but as Charles warns, it shouldn't be used to clean any and all surfaces. ISTOCK

surfaces such as computer screens, eyeglasses, Plexiglas, old vinyl records, fine wood and fabric surfaces such as suede should not get the paper-towel treatment.

Generally, if an item scratches easily, that's a clue you should be using something else for the job. For the surfaces I've just listed, I would use either a microfibre or 100 per cent cotton cloth.

Still, paper towel is great for tackling many things such as drying chicken just before you cook it, keeping

Quoted

Generally, if an item scratches easily, that's a clue you should be using something else for the job.

washed lettuce crisp in the refrigerator, wiping up pet accidents so they can be discarded safely or disinfecting surfaces such as the toilet. For such tasks, paper towel really is a great solution.

metro

HOME RENOs

Thursday, October 10, 2013



A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. SYDA PRODUCTIONS/COLOURBOX

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Successful reno takes planning

Renovate with confidence — plan for success. The suggestions below, offered by the Canadian Renovators' Council of the Canadian Home Builders' Association, will set you well on your way to a home renovation that is done right.

Know what you want

A renovation is an investment, and the decisions you make, large and small, will have an effect on the value, and your enjoyment, of your home for a long time. Take the time to explore the possibilities and develop a detailed plan.

Get professional advice

Renovation professionals have a wealth of experience and can advise you on budgets, work with you to develop the right design and help you choose appropriate products and materials. If you opt to do the design work as a separate first step, a designer can also prepare a firm plan for you to get bids for the actual work. Alternatively, you

may wish to hire a design/build renovator to look after all facets of your project.

Set a realistic budget

The cost of finishing products varies tremendously. Special trades may be required for tasks such as rerouting plumbing and wiring. There may be costs for waste disposal. And so on.

Set realistic time frames

Not surprisingly, homeowners can underestimate the time it takes to do a renovation, not recognizing the number of steps involved in a project. For example, a simple bathroom makeover can take weeks since it involves many different tasks that must be done in the right order, and a number of different trades that must be co-ordinated.

You can't rush quality

Discuss the timelines for your project with your renovator and any concerns you may have about the scheduling. Be prepared to accept that

it may take longer than you initially thought, to get the work done right and to your lasting satisfaction.

Hire for value, not price

If you invite bids from a number of companies, it may be tempting to go for the lowest price, but you need to consider the implications. Does the renovator understand what's involved in the project? Will you get the quality you expect, or will the renovator cut corners to stay within the budget? Will you be hit with extra charges for items that other contractors included in their bids? Sometimes the lowest price bid ends up costing the most.

Be a knowledgeable client

It is your home, your project and your investment. It's vital that you are comfortable with the renovation process and understand what is going on. And never hesitate to ask questions or bring up any concern you may have.

CANADIAN HOME BUILDERS' ASSOCIATION

Design. Create a harmonious environment

Good design is an integral part of a successful renovation. It adds to the functionality of your home, increases your enjoyment, and gives you the best value for your investment. In other words, design can make a big difference.

The aim of good design is to create a harmonious environment of practical, common sense elements that

enhance your life — a living environment that looks, feels and works well.

It always begins with function. Only when the function of a room has been clearly defined, can you begin to develop the space. That's why designers will often ask homeowners to spend time thinking through, sometimes in minute detail, how they use or wish to use a specific area.

This is particularly important for a kitchen renovation to ensure the proper configuration of working and storage areas, lighting, and so on.

It is helpful to define your style right at the start. For instance, are you traditional, French country, urban chic or something else? You may not have a label for your own style, but what are your preferences? Before consulting

with professionals, create a portfolio of designs, products and materials that you like — photos, brochures, samples, etc. This will help both you and them to zero in on the right style and details.

Every project is different, but renovation experts agree there are a number of design considerations that apply generally to renovations.

- Room sizing. Draw your fur-

niture (scaled proportionately) right on the plan — does the room seem too crowded now?

- Traffic flow. How does your family move around in the house, in and out of rooms, from one area to another? Are there awkward or "dead" areas?

- Lighting. Lighting plays a big role in setting the mood in your home and accenting

features of a room. Use a combination of fixtures to create different effects — pot lights, wall sconces, chandeliers.

To get the best out of your design, think through all other elements of your renovation, from windows and doors to stairs and railings. Always consider function, style, placement and compatibility with surroundings.

CANADIAN HOME BUILDERS' ASSOCIATION



Renovations, such as painting, are an opportunity to protect your investment and enhance the value of your home. VIACHESLAV/COLOURBOX

Enhance value of your home

Your home is likely the most valuable asset you own. Your decision to renovate it may be driven by your lifestyle and a personal desire to upgrade. At the same time, renovation is an opportunity to protect your investment and enhance the value of your home.

First, to protect your asset, start with the basics.

Ongoing maintenance prevents the deterioration of a home and its value. As part of your renovation planning, do a thorough inspection of your home or hire someone to do it.

General wear and tear is often inexpensive to deal with, but can make a big difference to the appearance and appeal of your home. Components, from roofing shingles to furnaces, must be replaced at the end of their lifespan.

It's crucial to eliminate problems that can damage your home. Moisture problems, for instance, that can also be detrimental to your health, should be dealt with before or at the same time as your renovation, not postponed to later. Cracks in the foundation or brick walls,

loose siding, missing mortar, sagging floors or other issues that have developed over time should be attended to, before they create more serious problems.

Next, there are a number of ways you can maximize the value of your renovation investment.

Increasing the energy- and water-use efficiency of your home has both immediate and long-term payoffs. You will start saving money on your utility bills as soon as the new systems have been installed, while federal and/or provincial grants may help to offset your cost.

While taste is personal, a well-designed renovation will add greater appeal and value to your home. Spatial considerations are key — layout, traffic flow, visual flow from one area to another, size of rooms and ease of furnishing them, tying new construction seamlessly with the existing home, and so on. Trends come and go — you may want to choose features and finishings with lasting appeal, instead of the latest, hottest items.

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4 SPORTS



Shane Victorino is hit by a pitch in the ninth inning in Game 4 versus the Tampa Bay Rays on Tuesday in St. Petersburg, Fla. JOHN RAOUX/THE ASSOCIATED PRESS

Red Sox's Victorino: 'Whatever it takes'

MLB. Outfielder helps Boston earn extended break after Game 4 triumph over Tampa Bay

Shane Victorino was hit by one pitch in the right arm and another in the ribs. That brought the total to four in four playoff games for the Red Sox outfielder, who was plunked more than anyone else in the AL in the regular season.

"Any way to get on base," said Victorino, who also beat out an infield single to drive in the go-ahead run on Tuesday

night in Boston's 3-1, AL division series-clinching victory over the Tampa Bay Rays.

"Do I want to get hit? No. But whatever it takes," said Victorino, who combined with leadoff hitter Jacoby Ellsbury to reach base a combined five times in the game. "Teams that win (the) World Series, when the No. 1 and 2 guys are getting on, doing what they need to do, that's how you do it.... Whatever it takes to get on base."

Victorino will have plenty of time to rest his aching body after the Red Sox eliminated the Rays in four games to advance to the AL championship

Getting it done

"We just knew that every part of us wanted to finish it here."

Red Sox pitcher Boston Jake Peavy, on winning their series vs. the Rays in Game 4

series. Boston will play the winner of Thursday night's game between the Oakland Athletics and Detroit Tigers.

The best-of-seven ALCS opens at Fenway Park on Saturday, giving the Red Sox three days off to rest and line up their pitching rotation. Boston will have played four

games in 12 days by then, and really only four meaningful games in three weeks since clinching the AL East on Sept. 20.

"We just knew that every part of us wanted to finish it here," said Boston starter Jake Peavy, who pitched 5 2/3 scoreless innings in the clincher. "We didn't want to go back (for Game 5 at Fenway Park) and get David Price again. It's just outstanding the way we came together as a group ..."

With the time off, Jon Lester will be available to start Game 1 on Saturday on seven days' rest.

THE ASSOCIATED PRESS

NCAA. Kansas freshman Wiggins to grace SI cover

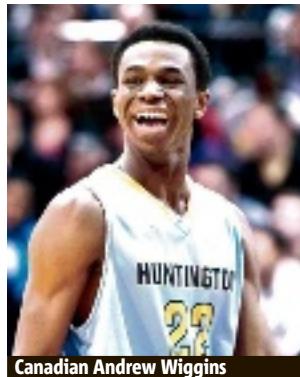
Canadian basketball player and top prospect Andrew Wiggins appears on the cover of this week's Sports Illustrated.

The six-foot-eight, 200-pound Kansas freshman is expected to go first overall in the 2014 NBA draft.

Wiggins, from Vaughan, Ont., is wearing his No. 22 Jayhawks jersey on the cover.

The story compares his arrival at the school to the arrival of former Kansas stars Wilt Chamberlain and Danny Manning.

THE CANADIAN PRESS



Canadian Andrew Wiggins
TORSTAR NEWS SERVICE FILE

Redskins debate



"The name was never a label. It was, and continues to be, a badge of honour."

Washington Redskins owner Dan Snyder says respect goes both ways when it comes to the debate over the team's nickname. The man who ultimately gets to decide whether the name stays or goes offered his thoughts on the matter Tuesday in a letter to season-ticket holders, the first time he has addressed at length the change-the-name campaign that has picked up momentum this year. The tone of the letter suggests that no change is under consideration.

NBA. Kobe Bryant still weeks away from return

Although Kobe Bryant is making steady progress in his recovery from a torn Achilles tendon, he's still a few weeks away from playing for the Los Angeles Lakers.

Bryant is back with the Lakers after a short trip to Germany to get treatment on his right knee, another trouble area for the 35-year-old guard. He sat on Los Angeles' bench for an exhibition game Tuesday night, and he'll travel with the team to China later this week.

But the fourth-leading

Murder case

Prosecutors seek recusal of judge in Hernandez trial

Prosecutors in the murder case against former New England Patriot Aaron Hernandez want the judge to recuse herself because, they said Wednesday, she and the lead prosecutor have a public history of antagonism and she has shown bias.

Bristol County Assistant District Attorney William McCauley wants Judge Susan Garsh to remove herself from the case, he said during a hearing in Fall River Superior Court.

Hernandez attorney James Sultan said in court that the defence would strenuously object to the recusal request when arguments are heard Oct. 21.

THE ASSOCIATED PRESS

MLB playoffs

Tigers' Verlander to face A's in Game 5 once again

These decisive Game 5s sure are becoming familiar for Justin Verlander.

Just like last October in Oakland, the Tigers have been pushed to a winner-take-all fifth game in their AL division series against the Athletics. And Detroit will have Verlander on the mound again Thursday night after he pitched a four-hit shutout in the 2012 clincher.

"Well, you don't pretend. It's not just another game," Verlander said after the Tigers evened the series with an 8-6 win Tuesday at Comerica Park. "This whole season ... comes down to one game, may the best team win." THE CANADIAN PRESS

Banged up

"I don't know why you guys are so hell-bent on deadlines.... When I'm ready, I'm ready."

Lakers guard Kobe Bryant, on his expected return date from injury.

scorer in NBA history isn't committing to any return date until he gets in shape and figures out how his legs will hold up when he's back in uniform.

THE ASSOCIATED PRESS

Heil goes beyond million-dollar promise from 2010

Day of the Girl.

Olympic mogul champion makes good on pledge made after Vancouver Olympics

Caught up in the euphoria of the 2010 Olympics, moguls skier Jenn Heil blurted out at the conclusion of the Games that she intended to raise \$1 million for the Because I am a Girl campaign.

Then she took a big gulp.

"I think I got very excited and swept away in Vancouver," Heil said.

"Everything felt possible in Vancouver. So I said the million dollars and then I was terrified that I'd put that out there because I had no plan on how to go about it."

But Heil is a woman accustomed to the risk of speeding through moguls. She won Olympic gold in 2006 and silver

Eyes on the future

"They told me they wanted to be citizens of tomorrow. It made me want to try and help create some opportunity for them and for other girls."

Jennifer Heil who became an ambassador of the Because I am a Girl program after a 2008 trip to Burkina Faso.

four years later in Vancouver. Heil has reached her campaign target and is actually closer to \$1.1 million, she said.

Plan Canada's Because I am a Girl program operates on the premise that if a girl is nourished and has a safe environment and an education, she can raise the standard of living for herself, her family and her community.

Heil's efforts have helped fund 3,000 school scholarships for girls in Burkina Faso, as well as schools, playgrounds and water facilities there and in other countries.

"We often feel we don't know where to start, there's so many challenges in this world," Heil said. "That's true, but in terms of girls' education, a little goes a long way."

Heil retired in 2011 as a four-time world champion.

The 30-year-old from Spruce Grove, Alta., runs an annual girls-only moguls camp. She will be at the 2014 Winter Games in Sochi, Russia, as a television commentator for moguls. **THE CANADIAN PRESS**

Raising the bar

On the day of the 2010 closing ceremony, Jenn Heil announced she would kick off her campaign with \$25,000 of her own money.

- Next was a meeting with the CEO of her sponsor Birks to ask if the jewellery company would match her contribution.
- "I knew if he said 'no' I was going to be in big trouble because I needed every single one of my sponsors to come on board to even have a chance," she said. "He said of course he would help. Birks has actually raised over \$200,000 for the challenge.... A lot of the money raised has been through the generosity of the business community in Canada."



Jenn Heil won silver at the 2010 Winter Games in Vancouver and gold in 2006 in Turin, Italy. **KEVORK DJANSEZIAN/GETTY IMAGES**

Drug issues

Doping agency says Russian violations on rise ahead of Sochi

Russia's national anti-doping agency says the number of doping violations by Russian athletes has more than doubled this year.

RUSADA said in Wednesday's statement that more than 88 athletes have been punished for different violations and more than 80 other cases are still under investigation or awaiting decision.

The report comes four months before Russia hosts the 2014 Winter Olympics in Sochi.

The number of doping violations in the first nine months of the year is almost twice the number registered during all of 2013.

The statement said 13,674 urine and 3,118 blood tests were carried out. More than 50 per cent of the tests were conducted out of competition.

The statement did not specify the sports or athletes involved.

THE ASSOCIATED PRESS

Mind game. Canada's Calve preparing for anything



Canadian snowboarder Caroline Calve **TORSTAR NEWS SERVICE**

When Caroline Calve carves her way down the Olympic alpine snowboard course in Sochi, Russia, she'll be following lines she's done hundreds of times before.

Her five-foot-eight frame has only been down the parallel giant slalom slope six times, but her mind does that mountain pretty much every day.

"Your brain doesn't know the difference between thinking about it and actually doing it so I've had a lot of practice," said Calve.

She was in Toronto on Wednesday for an event announcing the 47 summer and winter athletes who receive support from the RBC Olympians program.

"I picture the run and it's pissing rain, I picture it at 15 degrees, sunny and slushy, I picture it in all kinds of colours just to be ready for anything," she said.

"I want my attitude to be, 'It's raining? Yes! I'm so prepared for rain.'

For Calve — who was third in World Cup parallel standings last season — all this visualization is about making sure she's better prepared for the stress and uncertainty she'll encounter in Sochi than she was during her first Olympics.

At the 2010 Vancouver Games, Calve got psyched out by the weather when the rain and lack of snow meant most of her training runs were cancelled.

"There were a lot of things that were not normal. It was something I had a really hard time with," said Calve, who finished 20th in her event.

"With the Olympics, they don't cancel or postpone an event, it is what it is, so you have to be ready."

Calve has had mixed results the six times she's tried the hill in Sochi.

"I have good potential to master that hill and I'm certainly thinking about it a lot," the 35-year-old from Aylmer, Que., said. **TORSTAR NEWS SERVICE**

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Toronto	4	3	1	0	13	10	6
Boston	2	2	0	0	7	2	4
Detroit	3	2	1	0	6	7	4
Tampa Bay	3	2	1	0	7	7	4
Ottawa	2	1	0	1	5	5	3
Montreal	2	1	1	0	7	5	2
Florida	3	1	2	0	5	11	2
Buffalo	4	0	3	1	4	10	1

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	3	3	0	0	12	3	6
NY Islanders	3	2	0	1	7	7	5
Carolina	3	1	1	1	6	9	3
New Jersey	4	0	1	3	9	15	3
Columbus	2	1	1	0	6	6	2
NY Rangers	3	1	2	0	6	14	2
Washington	3	1	2	0	10	12	2
Philadelphia	4	1	3	0	5	10	2

Wednesday's results

Montreal at Calgary
Chicago at St. Louis
Ottawa at Los Angeles
Tuesday's results
Colorado 2 Toronto 1
NY Islanders 6 Phoenix 1
Philadelphia 2 Florida 1
Pittsburgh 5 Carolina 2
Tampa Bay 3 Buffalo 2 (OT)
Nashville 3 Minnesota 2
Vancouver 3 New Jersey 2 (OT)
San Jose 9 NY Rangers 2

MLB PLAYOFFS

A.L. DIVISION SERIES

(Best-of-5; x — played only if necessary)

BOSTON (1) VS. TAMPA BAY (6)

(Boston wins series 3-1)

Tuesday's result

Boston 3 Tampa Bay 1

OAKLAND (2) VS. DETROIT (3)

(Series tied 2-2)

Tuesday's result

Detroit 8 Oakland 6

Thursday's game

Detroit (Scherzer 21-3) at Oakland (Colon 18-6), 9:07 p.m.

N.L. DIVISION SERIES

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	3	3	0	0	11	3	6
St. Louis	2	2	0	0	11	2	4
Winnipeg	3	2	1	0	12	10	4
Chicago	2	1	0	1	8	7	3
Dallas	2	1	1	0	4	5	2
Nashville	3	1	2	0	6	9	2
Minnesota	3	0	1	2	7	10	2

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	3	3	0	0	17	4	6
Vancouver	4	3	1	0	15	12	6
Anaheim	3	2	1	0	8	11	4
Calgary	3	1	0	2	12	13	4
Phoenix	3	1	2	0	6	11	2
Los Angeles	3	1	2	0	7	10	2
Edmonton	3	1	2	0	11	15	2

Note: Two points for a win, one point for overtime loss.

Thursday's games

All Times Eastern
Colorado at Boston, 7 p.m.
Columbus at Buffalo, 7 p.m.
Carolina at Washington, 7 p.m.
Phoenix at Detroit, 7:30 p.m.
Florida at Tampa Bay, 7:30 p.m.
Toronto at Nashville, 8 p.m.
Winnipeg at Minnesota, 8 p.m.
Montreal at Edmonton, 9:30 p.m.
NY Rangers at Anaheim, 10 p.m.
San Jose at Vancouver, 10 p.m.

ST. LOUIS (1) VS. PITTSBURGH (4)

(Series tied 2-2)

Wednesday's result

Pittsburgh at St. Louis

Monday's result

St. Louis 2 Pittsburgh 1

ATLANTA (2) VS. L.A. DODGERS (3)

(Los Angeles Dodgers wins series 3-1)

Monday's result

St. Louis 4 Atlanta 3

CFL

WEEK 16

EAST

	GP	W	L	T	PF	PA	Pt
x-Toronto	14	9	5	0	407	370	18
x-Hamilton	14	7	7	0	360	383	14
Montreal	14	6	8	0	349	385	12
Winnipeg	14	2	12	0	279	459	4

WEST

x-Calgary	14	11	3	0	446	323	22
x-Saskatchewan	14	9	5	0	419	316	18
x-B.C.	14	9	5	0	395	350	6
Edmonton	14	3	11	0	340	409	6

x — clinched playoff berth.

Friday's game — All Times Eastern

B.C. at Calgary, 9 p.m.

Saturday's game

Edmonton at Saskatchewan, 4:30 p.m.

Monday, Oct. 14

Winnipeg at Montreal, 1 p.m.

Toronto vs. Hamilton (at Guelph), 4:30 p.m.

NFL

WEEK SIX

Thursday's game — All Times Eastern

N.Y. Giants at Chicago, 8:25 p.m.

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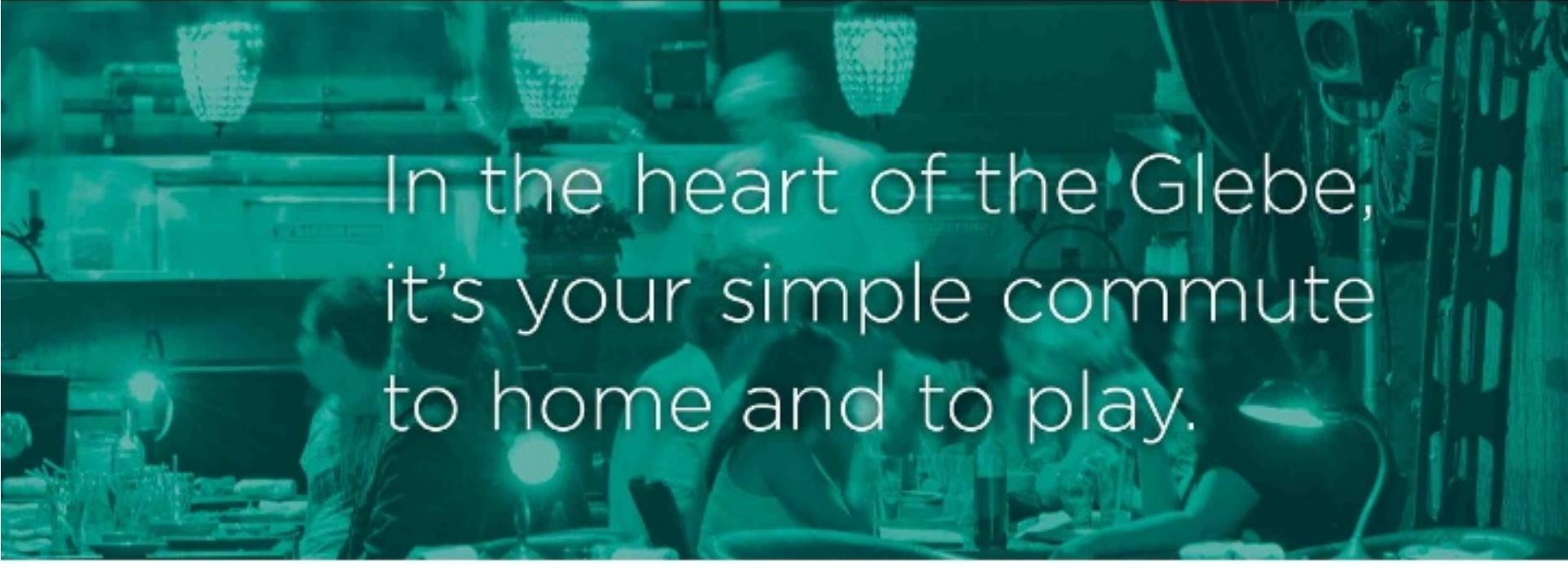


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